

Sunbeam **MIXMASTER** **COOKING GUIDE**

INSTRUCTIONS FOR USE OF *Sunbeam* MIXMASTER • 214 TESTED RECIPES



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CONGRATULATIONS on becoming a Sunbeam Mixmaster owner. You now join the half million Australian home makers who are saving time and tiring arm work preparing more delicious foods for their families with Sunbeam Mixmasters. Remember, the more you use your Mixmaster, the more you will enjoy it.

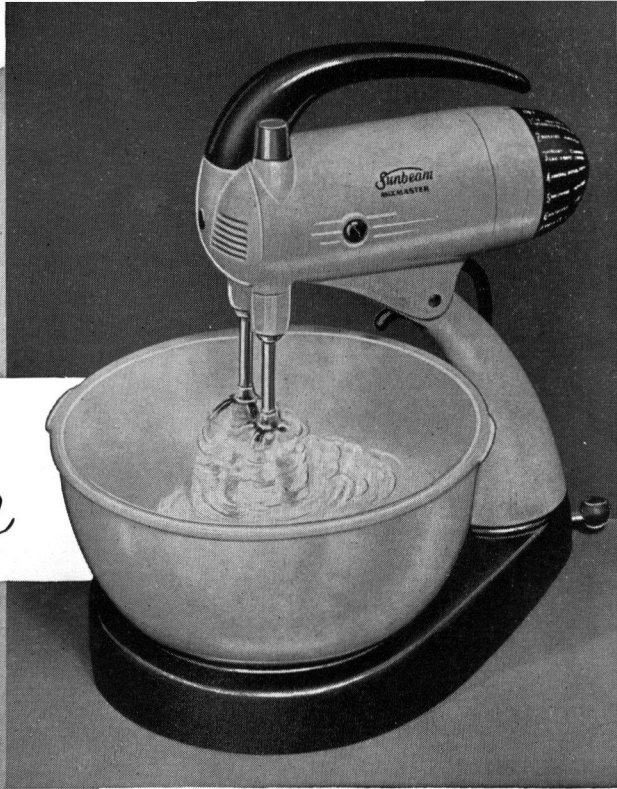
It occupies very little bench space in the kitchen, so keep it out always ready for use preparing every meal. For preference place your Mixmaster in a position at a power point near the kitchen range. There it will be used for all the food mixing jobs too numerous to mention, and conveniently situated for use as a portable unit for mashing or chopping vegetables or beating foods in cooking pans right at the kitchen range.

**NOTE:—DO NOT leave the power switched on at the point.
When not in use, turn off both POWER POINT and
MIXMASTER SWITCH.**

Have you seen the Sunbeam Mixmaster Attachments? The Meat and Food Mincer complete with power unit, the new high speed Blender Attachment and the Drink Mixer. These attachments have grown increasingly popular with Sunbeam owners and extend the usefulness of the already invaluable Sunbeam Mixmaster.

Every Australian housewife realizes that modern kitchen appliances are essential to better living and better eating. We are proud of the new Sunbeam Appliances; the Automatic Cooker and Deep Fryer, Double Automatic Toaster, the Controlled Heat Automatic Fry-Pan, the Light Weight Sunbeam Ironmaster, Steam and Dry Iron, and the Automatic Egg Cooker with Poacher Attachment. Sunbeam Appliances are ideal for every kitchen. You will soon appreciate the advantages of your Sunbeam Mixmaster and will want to have more Sunbeam Appliances in your kitchen.

Food Mixer



A. FITTING MOTOR TO STAND.

1. Press trigger firmly down.
2. Slip motor into position.
3. Release trigger and check that motor is correctly locked on stand.

B. FITTING DISC TO BASE.

Place the revolving disc into the centre position, ready for use with either bowl.

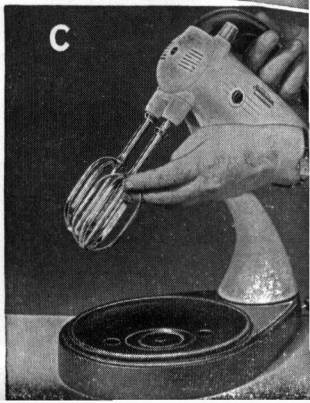
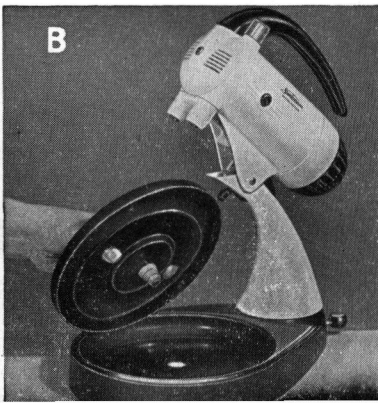
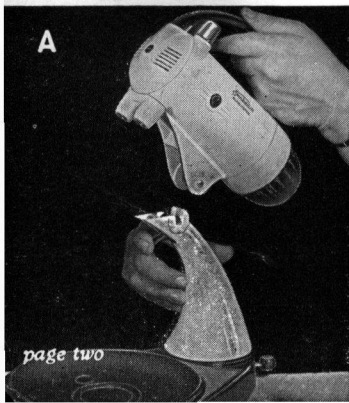
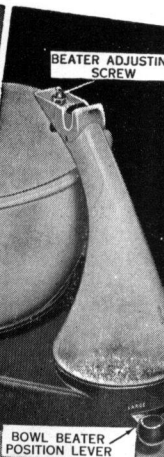
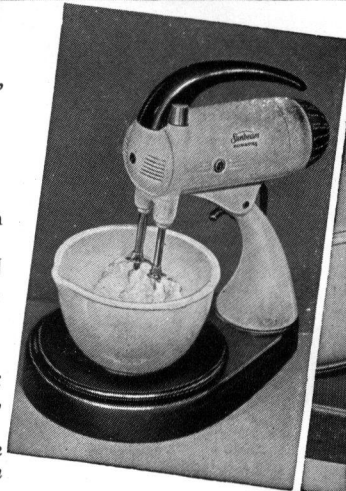
C. FITTING BEATERS.

1. Fit the first beater into the socket below Juice Extractor Cone.
2. Turn slightly, and press from the bottom until the beater clicks into position.
3. The second beater, with NYLON BUTTON attached, will readily slip in to right-hand socket and fasten.

FITTING BOWLS.

Seat bowl onto revolving disc. Set Bowl-Beater Adjustment Lever to required position, SMALL or LARGE.

WARNING: The beater adjusting screw is gauge set. Do not alter it unless advised by Sunbeam Corporation to do so.



Juice Extractor



A. SPOUT.

Press spout into position on juicer bowl.

B. STRAINER.

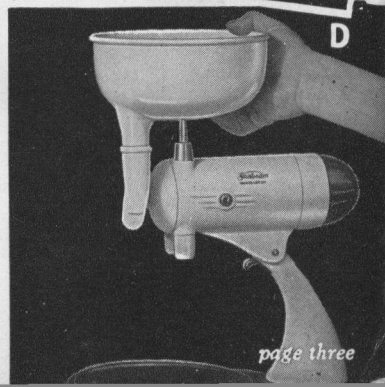
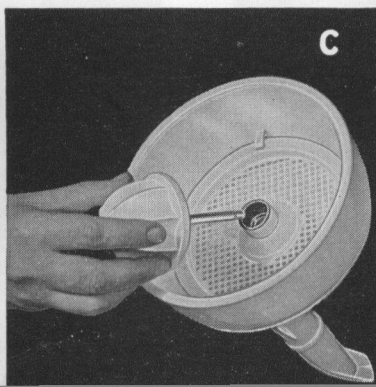
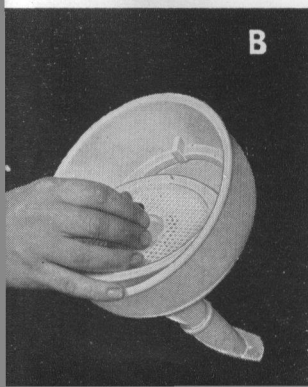
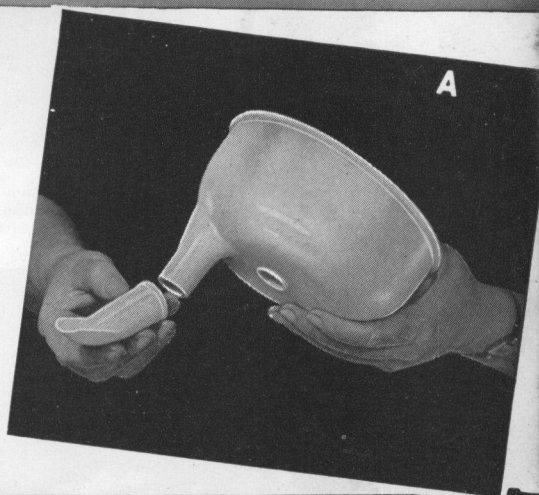
Place strainer in position, making sure that the slot is fitted over the raised portion on the ledge inside the juicer bowl.

C. SCRAPER.

Place spindle of scraper in the collar of strainer.

D. FITTING JUICE EXTRACTOR TO MOTOR.

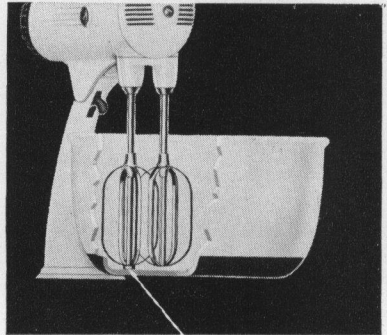
1. Turn handle to side of motor
2. Set unit over cone-shaped bowl support with the protruding scraper spindle firmly gripped inside the socket of bowl support.





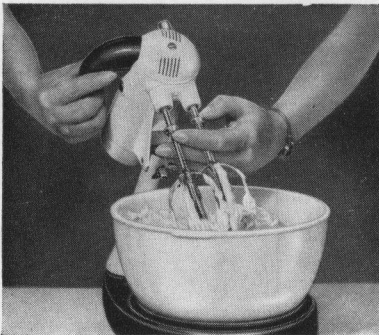
MIX FINDER DIAL

Tune to the required speeds plainly indicated on the Mixfinder Dial—scientifically correct for every type of mixture. Use the convenient OFF position between mixings.



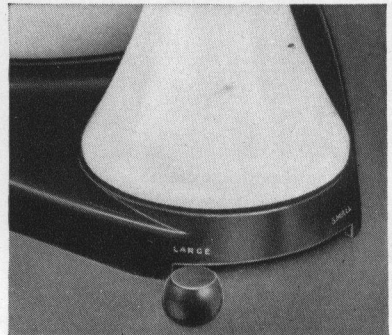
NYLON BUTTON

No turning the bowl, no fear of unbeaten mixture; the nylon button controls bowl speed automatically. Fit beater with nylon button IN RIGHT HAND SOCKET WHEN STANDING BEHIND THE MACHINE.



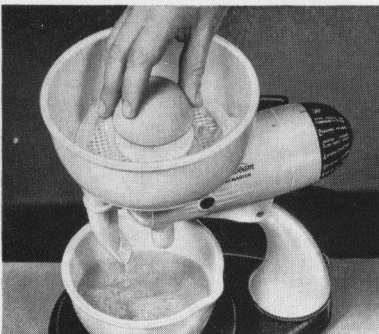
AUTOMATIC BEATER EJECTOR

On completion of mixing, tilt handle down—out drop beaters. No twisting—no pulling. NOTE: Refit beaters with handle at top or side.



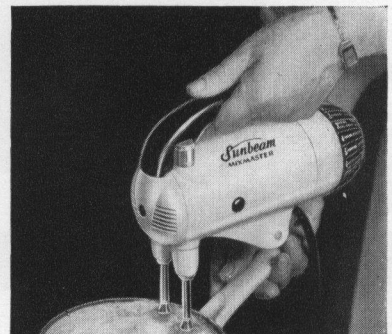
BOWL BEATER ADJUSTMENT LEVER

Correct mixing positions with finger tip control. Press knob lightly down—move to the appropriate position for small or large bowl. Save time and effort when mixing.



JUICE EXTRACTOR

Ideal for preparing fruit juices and pulps. Low speed—refined juice. High speed—ALL THE JUICE. Press fruit firmly on to Extractor Scraper. Use a circular action for larger fruits, grapefruit, pineapple. Remove spout and strainer for pulping. Convenient when adding fruit juices to icings and flummeries.



PORTABLE MOTOR

There are many uses for the Sunbeam Motor as a portable unit. Press trigger down and lift off motor for whipping potatoes, chopping vegetables, beating sauces and frostings right at the kitchen range. Ideal for final mixings of very large mixtures.

How to get the most out of your Mixmaster

The information in this book has been carefully prepared to assist you in attaining perfect results and all recipes have been tested. Follow the *directions, measurements and beating speeds* accurately.

The Sunbeam Mixmaster beats evenly, thoroughly, and much more quickly than one can beat by hand. Do not beat for long periods. **Beat just long enough to blend ingredients** and attain thorough aeration of the mixture. Over-mixing will cause toughness, shrinkage and early disappointment with results. **DO NOT OVERBEAT.**

The temperature and consistency of ingredients have a governing effect on the time required for perfect mixing of individual dishes. All leading home Economists agree that the housewife can best determine the actual beating time for a mixture by its appearance rather than adhering to a set beating time. **The approximate times given in the recipes serve only as a guide.**

Many housewives like to prepare their own special recipes which they have collected and proven over the years. When using your own recipes, follow the mixing instructions and speeds as given for similar recipes in our book. These will act as a perfect guide to good mixing and general food preparation.

A further hint:—Remember that the recipes in this book are tested using ingredients and sized tins stipulated. If you use different sized tins, cooking times vary. Test before removing from the oven.

MIXMASTER BOWLS

Mixmaster Bowls are specially designed to assist with aeration and the perfect blending of mixtures. You should find that the two heat-resistant bowls are convenient for the preparation of foods for any average Australian family. The small bowl will mix quantities from one egg white, or a small quantity of shortening for frostings, to a cake mixture containing less than a quarter pound of butter. The large bowl will mix from a three egg to a nine egg sponge mixture, or a full half-pound fruit cake—fruit and flour included. There is no food mixing task in the kitchen that the Mixmaster will not perform with the greatest efficiency.

Remember, your Mixmaster will take the place of any kitchen gadgets used for whipping, stirring, mixing, mashing, etc. Keep in mind too that the Mixmaster can be used **portably** at the stove or for mixing in containers other than the bowls.

A *rubber spatula* is a definite asset when food mixing. Use it after the addition of each separate ingredient to ensure that no food particles have splashed to the sides of the bowl. Use it when emptying the mixture from the bowl and to clean the beaters.

MEASURING

Best results are obtained by weighing; but, with care, accurate cup and spoon measurements give excellent results. Measure level cups of all ingredients, using a glass graduated measure cup. A spoonful is a rounded spoonful. A $\frac{1}{2}$ spoonful is a level spoonful, and a $\frac{1}{4}$ spoonful is a level spoonful divided lengthwise.

1 dessertspoon shortening	1 oz.
1 scant tablespoon sugar	1 oz.
1 tablespoon flour	1 oz.
1 scant tablespoon rice	1 oz.
1 tablespoon cocoa	1 oz.
2 tablespoons breadcrumbs	1 oz.

2 tablespoons gelatine	1 oz.
1 heaped tablespoon cocoanut	1 oz.
1 tablespoon fruit, raisins, etc.	1 oz.
1 cup flour	4 oz.
1 cup butter	8 oz.
1 cup sugar	8 oz.
2½ cups icing sugar	1 lb.
10 eggs	1 lb.
1 cup liquid	½ pt.
1 gill liquid—6 tablespoons	¼ pt.

ABBREVIATIONS IN THIS BOOK

dsp.	dessertspoon
qrt.	quart
oz.	ounce
tblsp.	tablespoon
teasp.	teaspoon
pt.	pint

OVEN CONTROL

Should you have a range with automatic heat control, or a heat indicator, we suggest that you use the following chart as a guide to oven ratings in the undermentioned types of ovens. *Remember*, even ovens of the same type and make sometimes vary and require slight allowances to obtain the degree of cooking and browning personally preferred.

<i>These Foods</i>	<i>Require Oven</i>	<i>Automatic Gas</i>	<i>Automatic Electric</i>	<i>Electric with Heat Indicator</i>
Scones	Very Hot	450—500	450—500	500—550
Short Crusts	Hot	400—450	400—450	500
Sweet Pastry	Mod. Hot	350—400	350—400	450
Puff Pastry	Hot	450	450	500
Butter Cakes	Mod.	325—375	350—400	450
Sponges	Mod.	350—400	350—425	400—425
Meringues	Very Mod.	275	250	350
Loaves	Mod. Hot	350—400	350—400	450
Rich Fruit Cake	Very Mod.	300—250 (Reducing heat)	300—250	350
Biscuits	Mod. Hot	375	325—350	400—450
Yeast Foods	Hot	425	450	500
Baked Custards ...	Mod.	325	325	400

INGREDIENTS

FLOUR

Almost every Housewife is accustomed to using a reliable Self Raising Flour, which is blended to give the best results with all types of cooking. In some recipes, however, plain flour is suggested because of the addition of a raising agent to give greater or lesser volume to the food. Flour is always measured before sifting, unless a recipe specifies "sifted flour," and should never be firmly packed into the measuring cup. Spoon it lightly in.

Care is essential, when adding liquids to a mixture, not to have the mixture too moist. The absorption quality of the flour varies considerably with the freshness, new season's flour being more moist and requiring less moisture. It is a wise precaution to add two-thirds to three-quarters of the liquid, then check the texture before using the remainder.

Aerophos Self Raising flour and baking powder has been used for testing the recipes in this book.

SHORTENINGS

The selection of shortenings to choose from, can be used to advantage in preparing many types of dishes. The shortenings can be used successfully in any dish and a mixture of two or more varieties will give good results. Suggestions for obtaining the very best results are as follows:—

Butter	Frostings, creams, fillings, sweets, sauces, cakes and shortbread.
Table Margarine and Special Shortening Packs	As a substitute for butter and for savoury sauces, sweet pastries, biscuits, and cookies.
White Vegetable Shortenings	Copha and White Cloud make excellent cakes and cookies when used in specially prepared recipes—not as a substitute.
Cooking Margarine	As a substitute for butter or table margarine.
Lard	Particularly suitable for biscuits and cookies.
Dripping	For savoury pastries.

A squeeze of lemon juice, or a little grated lemon rind added to cooking margarine, lard or dripping will counteract any peculiarity of flavour.

SUBSTITUTES

It may, at times, be found necessary to substitute ingredients. The following list of alternatives can be used:—

1 cup self raising flour	{ 1 cup plain flour
1 cup plain flour	{ 1 tablesp. baking powder
$\frac{1}{2}$ tablesp. baking powder	
1 oz. chocolate	$\frac{1}{2}$ cup each plain flour and self raising flour
1 oz. arrowroot	1 oz. cocoa
1 oz. sultanas	1 oz. cornflour
$\frac{1}{2}$ cup golden syrup	1 oz. any other fruit
1 cup sour milk	$\frac{1}{2}$ cup honey or treacle
	{ 1 cup fresh milk
	{ 1 tablesp. vinegar

WHIPPING CREAM

Have cream well chilled. Beat at speed directed on Mix-Finder Dial.

BUTTER MAKING

Part of the process of butter making can be carried out with a Sunbeam Mixmaster. Those who are fortunate enough to be able to prepare home-made butter are well aware that it is necessary to have a wooden paddle to collect the butter. However, the initial beating on Speed 6-8 will save time and tiring arm work, whilst the collecting and washing must be done by hand. It is important to cease beating once the butter-milk starts to appear, otherwise this could be beaten back into the butter. Three to four pints of cream can be prepared in the large bowl.

USE OF AMERICAN RECIPES

The increasingly popular circulation of American magazines presents to the Australian housewife a wide range of original and tempting recipes. Excellent results can be obtained by remembering:—

1. All purpose Self Raising Flour can be substituted for American packs, such as cake, pastry flour, etc., and omitting the raising agents specified.
2. All measurements are level.
3. The standard American measuring cups and spoons vary in size from the Australian—the American tablespoon is equal to our dessertspoon, and their cup measure is slightly smaller.
4. Note that most American recipes call for “sifted flour.”

Sunbeam Advisory Bureau



A SERVICE ESTABLISHED TO ASSIST EVERY MIXMASTER USER

The recipes in the Sunbeam Instruction Book have been specially prepared and tested to fulfil the requirements of the Australian housewife. The staff of the Bureau are constantly employed in demonstrating and testing new recipes and ideas for using the Sunbeam Mixmaster.

Space has limited the inclusion of all the information we would like to offer, but we will forward you any further information or particular recipes you may require.

It is the aim of the Bureau to assist you to attain the most satisfactory results in all branches of food preparation.

Whatever your problem write to me at Box 39, Post Office, Mascot, or through our Interstate Office in your nearest capital city.

Clare Collins

Soups...



The serving of a delicious soup is highly important in the attainment of a successful meal. Now, more than ever before Sunbeam Mixmaster—with the Sunbeam Mincer and Blender attachment—will assist you in preparing soups for the family. The new Sunbeam Cooker and Deep Fryer is ideal for simmering soups.

VEGETABLE PUREE

Serves 5-6

- | | |
|-----------------|---------------------|
| 2 carrots | 1 dsp. cornflour |
| 1 white turnip | 1 tblsp. shortening |
| 2 stalks celery | herbs |
| 1 parsnip | salt and pepper |
| 1 onion | 1 potato |
| 1 qt. stock | |

MINCE.....vegetables on Sunbeam Mincer—use fine plate.

MELT.....shortening in a saucepan and fry vegetables—do not brown.

COVER.....with 1 cup stock and simmer until tender, with seasonings. Pressure cook 20 mins. or simmer in Sunbeam Cooker and Deep Fryer.

BEAT.....or blend to thoroughly mash vegetables, add remainder of stock and bring to boiling point.

THICKEN.....with blended cornflour.

SERVE.....garnished with minced ham or bacon.

CREME OF OYSTER SOUP

Serves 4-6

- | | |
|------------------|-----------------|
| 1 pt. foundation | lemon juice |
| butter sauce | nutmeg |
| 2 doz. oysters | salt and pepper |

PREPARE.....sauce, add oyster liquor, and bring to the boil.

ADD.....seasoning, a pinch of nutmeg, and lemon juice to taste.

DROP.....in oysters, and heat only until oysters begin to crinkle at the edges.

SERVE.....immediately.

CLEAR CONSOMME

- | | |
|-----------------|--------------------|
| 2 lb. shin beef | 2 cups mixed diced |
| 2½ qts. water | vegetable (car- |
| herbs | rot, onion, |
| salt and pepper | turnip) |

PLACE.....beef, vegetables, water, herbs and salt into a saucepan, and allow to stand for 2 hrs.

BRING.....slowly to the boil, and simmer gently for 2-3 hrs.

ALLOW.....to cool—remove fat and strain.

The consommé may then be used, or may be further cleared.

To Clear Consomme

BEAT.....2 egg whites stiffly, and add to cold stock with crushed egg shells.

HEAT.....and beat over a low heat until almost boiling on Speed 5.

COOK.....for two minutes, until whites coagulate.

ALLOW.....to settle for 15-20 minutes.

STRAIN.....through a cloth.

GARNISHES:

For one qt. of consommé add—

CONSOMME JULIENNE—1 cup thin straws of cooked carrots, parsnips and turnips.

CONSOMME A LA SAVARIA—1 cup diced cooked chicken and sweetbreads.

CONSOMME A LA ANGLAISE—1 cup diced breast of chicken and ¼ cup cooked green peas.

CONSOMME A LA BALZAC—¼ cup chopped prawns, ¼ cup green peas and ¼ cup diced white turnip.

JELLIED CONSOMME

USE.....the recipe for clear consommé.
ADD.....a veal knuckle or some chicken's feet.
TEST.....by pouring a little onto a chilled saucer.
GELATINE.....may be added if further thickening is required.
SERVE.....chilled.

VEGETABLE CHOWDER

Serves 4-6

2 rashers bacon $\frac{1}{4}$ cup celery
1 cup string beans $\frac{1}{4}$ cup chopped
 green pepper
2 cups sliced 3 pts. water or
 stock
1 cup potatoes salt and pepper
CHOP.....vegetables on Sunbeam
 Mincer with coarse plate.
CHOP.....bacon and fry until brown.
ADD.....chopped vegetables and
 water.
SIMMER.....until all vegetables are
 tender or pressure cook 20
 mins.
SEASON.....to taste.

GOLDEN CHICKEN BROTH

Serves 4

1 qrt. chicken stock 1 tblsp. rice
 $\frac{1}{2}$ cups minced pinch dried mixed
 herbs
 1 egg yolk
 2 tblsp. milk
 salt and pepper
PREPARE.....stock, add prepared veget-
 ables, rice and herbs.
SIMMER.....until very tender, rub
 through a sieve or use
 Blender.
REHEAT.....season to taste.
BEAT.....egg yolk and milk add to
 soup and stir until thick—
 do not boil.
SERVE.....immediately.

TOMATO CREAM SOUP

Serves 6-8

1 lb. ripe tomatoes 1 pt. water
1 pt. milk 1 clove garlic
1 teasp. salt 1 tblsp. shortening
2 teasp. sugar 2 tblsp. flour
PULP.....tomatoes on juice extractor,
 or Sunbeam Blender At-
 tachment, add salt, sugar
 and garlic, cover with
 water and simmer until
 very soft.
MELT.....shortening, add flour and
 mix evenly through.
ADD.....tomato pulp and stir until
 thick.
MIX.....with boiling milk before
 serving.

MUSHROOM SOUP

Serves 4-6

3 dsps. oil or butter 1 cup cream or milk
4 cups beef or 1 dsp. chopped
 chicken stock parsley
1 tblsp. flour salt and pepper
 $\frac{1}{2}$ lb. mushrooms
CHOP.....mushrooms on fine plate of
 Sunbeam Mincer.
MELT.....butter and fry mushrooms
 lightly.
ADD.....flour then about $1\frac{1}{2}$ cups
 of the stock.
STIR.....until thickened and quite
 smooth.
ADD.....remainder of stock gradu-
 ally.
SEASON.....to taste.
SIMMER.....gently for 20-30 minutes.
 (Pressure cook 5-10 mins.)
ADD.....cream and chopped parsley
 before serving.

PEA SOUP

Serves 10-12

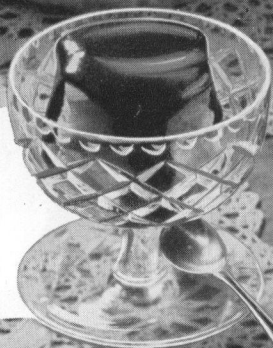
1 lb. bacon bones 5 pints water
1 cup split peas 1 onion
1 potato pepper
WASH.....bones and soak in cold
 water 1 hour.
ADD.....peas and simmer gently
 $1\frac{1}{2}$ -2 hours. Pressure cook
 about $\frac{3}{4}$ hr.
CHOP.....onion and potatoes and fry
 in a small quantity of fat.
ADD.....to soup and simmer for 1
 hour.
REMOVE.....bones and strain or mix on
 Sunbeam Blender Attach-
 ment before serving.
GARNISH.....with chopped mint.

CREAM OF SPINACH SOUP

Serves 4-6

bunch spinach ($1\frac{1}{2}$ $1\frac{1}{2}$ pts. milk
 cups cooked) 2 tblsp. butter
1 tblsp. flour salt and pepper
1 pt. white stock clove garlic
WASH.....spinach.
MINCE.....on fine plate of Sunbeam
 Mincer or chop on Sun-
 beam Blender Attachment.
PLACE.....in saucepan with garlic
 $\frac{1}{2}$ cup water and salt.
SIMMER.....until very soft. Remove gar-
 lic (if hand chopped rub
 through a sieve).
ADD.....1 cup spinach water, stock
 and milk.
SEASON.....to taste—reheat to boiling.
MELT.....butter, add flour to form
 a roux.
DROP.....into boiling soup. Stir until
 thickened. Cook 3 minutes.

Sauces...



The serving of vegetables, meats, desserts and other dishes becomes more attractive and appetising when tasty, colourful sauces are added. Sauces should contrast in colour and flavour to the accompanying dish.

CREAMY CARAMEL SAUCE

2 tblsp. butter 4 tblsp. cold water
 1½ cups brown pinch salt
 sugar vanilla
 2 egg yolks

PLACE.....butter and brown sugar into
 a saucepan to melt.
 BEAT.....egg yolks on speed 6.
 ADD.....water gradually and beat
 until creamy.
 STRAIN.....into melted butter and
 sugar mixture.
 BRING.....to the boil and allow to
 boil briskly for 5 minutes,
 stirring continuously.
 REMOVE.....from heat, add vanilla.
 COOL.....and store in an airtight jar.
 ADD.....a little cream or ice cream
 before serving.

HOT CHOCOLATE SAUCE

½ oz. Copha ½ cup milk
 ½ cup sugar 2 tblsp. cocoa
 ½ cup honey vanilla

PLACE.....all ingredients into a sauce-
 pan.
 STIR.....over a low heat for 3
 minutes.
 COOL.....and add vanilla to taste.

SWEET WHITE SAUCE

1 pt. milk 1 tblsp. sugar
 1 dsp. cornflour

BLEND.....cornflour and sugar with a
 little milk.
 BOIL.....remainder of milk add corn-
 flour and stir until thick.
 COOK.....gently for 5 minutes.
 FLAVOUR.....before serving.

MARASCHINO ORANGE SAUCE

½ cup orange juice ½ cup sugar
 1 tblsp. lemon juice ½ cup cream or un-
 4 maraschino cher- sweetened con-
 ries (chopped) densed milk

PLACE.....juices and sugar in a sauce-
 pan.
 BOIL.....for 1 minute after sugar
 dissolves.
 POUR.....onto cherries.
 ALLOW.....to stand until cold.
 ADD.....cream to mixture, beating
 on speed 1.
 SERVE.....with ice cream or steamed
 pudding.

MARINATING SAUCE

1 teasp. brown 1 tblsp. lemon juice
 sugar or dry wine
 2 tblsp. vegetable 1 sliced onion
 oil 1 clove garlic—
 1 tblsp. vinegar crushed
 3 peppercorns

BEAT.....sugar, oil, vinegar and
 lemon juice together on
 speed 1.
 SPRINKLE.....steak with finely sliced
 onion, garlic and pepper-
 corns. Pour sauce over all.
 ALLOW.....to stand in covered con-
 tainer in refrigerator from
 2 to 12 hours.
 GRILL.....the steak and make a sauce
 from the juice, with the
 addition of ½ cup stock or
 water, or cook in a pan or
 casserole in the sauce and
 stock.

CREOLE SAUCE

1 capsicum	1 dsp. sugar
1 onion	$\frac{1}{2}$ teasps. salt
$\frac{1}{2}$ cup chopped ham or bacon	cayenne, white pep- per and paprika
1 cup tomato pulp	to taste
1 clove garlic	

CHOP.....capsicum, onion and garlic
finely—use Sunbeam Blen-
der Attachment.

FRY.....bacon lightly, add chopped
vegetables and cook well.

ADD.....tomato pulp, sugar and
seasonings.

SIMMER.....gently 30-35 minutes.

USE.....as a sauce for re-heating
meats, serving with vege-
table substitutes, etc.

FOUNDATION BUTTER SAUCE

1 dsp. shortening	$\frac{1}{2}$ teasps. salt
1 dsp. flour	cayenne
1 cup milk	

MELT.....shortening, add flour and
half of milk.

STIR.....over a low heat until thick.

BEAT.....until smooth, add season-
ings.

ADD.....remainder of milk gradu-
ally.

SIMMER.....for a few minutes.

SEASON.....and use as a base for cream
soups, etc.

MEDIUM SAUCE:

For masking vegetables, meat, etc., re-
quires 1 tablespoon of flour and short-
ening.

THICK SAUCE:

Which is used as a foundation for
croquettes, etc., requires 3 dsp. each
of flour and shortening.

VARIATIONS

CHEESE SAUCE

Add $\frac{1}{2}$ cup grated cheese.

EGG SAUCE

Add 2 diced hard boiled eggs.

PARSLEY SAUCE

Add 2 tblsp. parsley.

OYSTER SAUCE

Add 1 doz. oysters.

CAPER SAUCE

Add 2 tblsp. capers.

ANCHOVY SAUCE

Add 1 dsp. anchovy sauce.

ONION SAUCE

Add 2 sliced cooked onions.

BRANDY SAUCE

Add an egg yolk and 2 tblsp. brandy.

STEAK SAUCE

1 tblsp. vinegar	2 tblsp. plum jam
2 tblsp. tomato sauce	1 tblsp. chopped gherkin
2 tblsp. worcester- shire sauce	1 dsp. margarine few peppercorns

BOIL.....vinegar and peppercorns
for 3 minutes.

ADD.....sauces, jam and shortening,
and cook well.

REMOVE.....peppercorns, add gherkin,
and serve with grilled
steaks.

FLUFFY BRANDY SAUCE

$\frac{1}{2}$ pt. milk	2 eggs
3 dsps. sugar	2 tblsps. brandy

HEAT.....milk, add egg yolks mixed
with 2 dsp. sugar.

STIR.....over low heat until thick.

BEAT.....egg whites stiffly on speed
8.

ADD.....remainder of sugar and beat
till dissolved.

FOLD.....into custard and add
brandy.

SERVE.....immediately with plum
pudding.

COCKTAIL SAUCE

6 tblsps. tomato sauce	dash chili sauce if liked
1 tblsp. worcester- shire sauce	salt and cayenne
2 tblsps. lemon juice	2 tblsps. cream

PLACE.....sauces, lemon juice and
seasonings into small bowl.

BEAT.....on speed 5 until smooth.

POUR.....into serving bowls.

GENTLY.....pour cream onto top of
each bowl.

SERVE.....with oysters, prawns, etc.

IF.....sauce is to be served on
fish — mix cream lightly
through before using.

TARTARE SAUCE

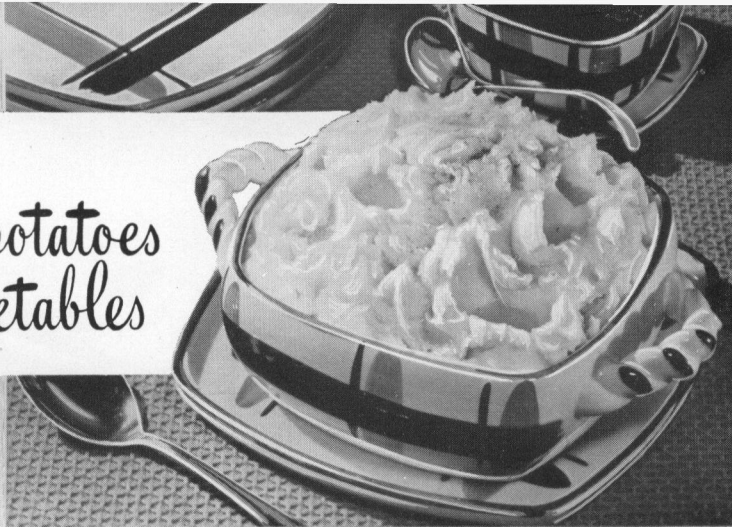
1 dsp. chopped gherkin or olives	1 dsp. minced shallot
1 dsp. chopped capers	1 teasps. lemon juice
	$\frac{1}{2}$ cup mayonnaise

PLACE.....mayonnaise, chopped
capers, gherkin and shallot
into small bowl.

BEAT.....until well mixed, add
lemon juice gradually.

SERVE.....with steamed or boiled fish.

Mashed potatoes and vegetables



Use your Sunbeam Mixmaster for creamy smooth mashed potatoes. They can be prepared and cooked then placed in the Mixmaster bowl for mashing or alternately left in the saucepan and mashed under the mixmaster motor fitted to the upright. The convenient portable motor can be used for mashing in the saucepan over the heat of the stove — much better in cold weather. Other vegetables requiring mashing or chopping can be prepared in the same way.

CREAMED POTATOES

Serves 6-8

6 medium potatoes 1 tablesp. butter or
4 tablesp. milk margarine

BOIL.....potatoes until soft.

DRAIN.....and steam for 1 minute.

MASH.....potatoes on No. 1 speed,
raising and lowering beaters.

ADD.....butter and hot milk.

CREAM.....on speed 5 until light and
fluffy.

LENTEN VEGETABLE PIE

FILLING:

2 large tomatoes	1 tablesp. melted
1 small onion	butter
2 cups cooked	1 cup grated cheese
macaroni	salt and pepper
1 dsp. chopped	
parsley	

PASTRY:

1 cup mashed	½ cup self raising
pumpkin	flour
1 dsp. butter	milk if required

SLICE.....tomatoes and chop onion.

PLACE.....layers of tomato, onion,
macaroni, cheese and pars-
ley into pie dish.

POUR.....over melted butter — add
seasonings to taste.

PLACE.....in a mod. oven and bake
until tender — about 45
minutes.

MASH.....pumpkin add butter and
flour and mix to stiff
dough—use milk if required.

ROLL.....out on a floured board.

CUT.....with a scone cutter and
place onto filling.

BRUSH.....with milk.

BAKE.....in hot oven 15-20 minutes.

STUFFED VEGETABLE MARROW

1 lb. sausage mince	1 dsp. Worcester-
or steak	shire sauce
1 onion	1 tablesp. grated
2 tomatoes	cheese
2 tablesp. tomato	1 marrow
sauce	salt and pepper

MINCE.....steak and onion on Sun-
beam Mincer.

PLACE.....in a pan and cook until
colour changes.

ADD.....sauces and stand aside to
cool.

SLICE.....tomatoes.

WASH.....marrow and cut into two
lengthwise.

REMOVE.....seeds and sprinkle with salt
and pepper.

PLACE.....a layer of sliced tomatoes
into marrow and then a
layer of steak and cheese.

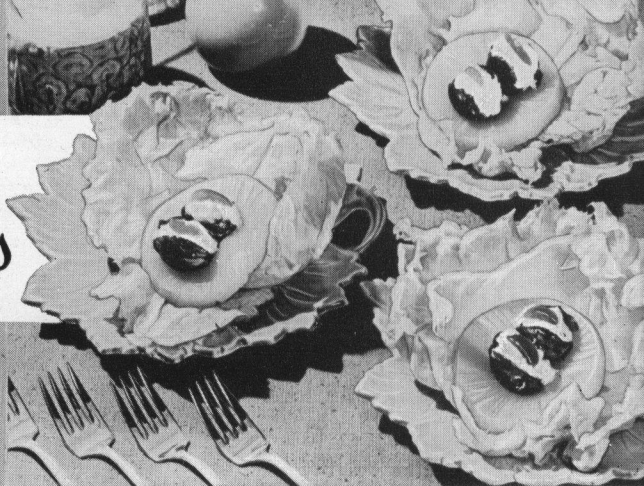
CONTINUE.....with layers until each half
is filled.

SKEWER.....together.

PLACE.....in a baking dish with a
small amount of fat.

BAKE.....in a mod. hot oven until
tender, 45 minutes to 1
hour.

Salad dressings



Good salads play an important role in every menu. Once an occasional treat, they are now an everyday must. Their appetising crispness contrasts sharply with soft foods and they complement such foods as steak and chicken as well as providing health giving vitamins and minerals. Introduce new and interesting salad bowl combinations, your family will enjoy them. Every salad is enhanced by a well flavoured piquant salad dressing. You will find Sunbeam Mincer and Blender wonderful for preparing salad vegetables.

FOOD COMBINATIONS FOR SALADS

- (1) Lettuce, watercress, radish, chives.
- (2) Orange slices on lettuce with mayonnaise.
- (3) Prawns on chopped celery with hard boiled egg and asparagus.
- (4) Banana slices, pineapple cubes in lettuce leaves.
- (5) Cooked cauliflowerettes, green beans, raw grated carrot on lettuce with ham.
- (6) Salmon moulds served with cress, radish, cucumber, tomato and cooked green beans.
- (7) Pulped pineapple and chopped cucumber set in aspic.
- (8) Fine minced cabbage, chopped apple, and raisins in boiled dressing.
- (9) 1 cup minced spinach, $\frac{1}{2}$ cup minced cabbage, $\frac{1}{2}$ cup chopped celery and sliced radish.

BOILED SALAD DRESSING

Mixing time: 2 to 3 minutes

- | | |
|---------------------------|---------------------|
| 1 egg yolk | 1 cup milk |
| $\frac{1}{2}$ cup vinegar | 2 tblsp. shortening |
| 1 teasp. mustard | 2 tblsp. flour |
| 1 teasp. salt | 2 tblsp. sugar |

MELT.....shortening, add flour, salt, mustard and sugar and half the milk and stir over a low heat until thick.

BEAT.....well until quite smooth.

ADD.....remainder of milk gradually and cook for a few minutes.

BEAT.....on speed 3, add egg yolk and vinegar gradually.

SUNBEAM MAYONNAISE

Mixing time: 3 to 4 minutes

- | | |
|------------------------------|--------------------------------------|
| 1 egg yolk | pinch cayenne |
| pinch salt | $\frac{1}{2}$ cup salad or olive oil |
| 2 tblsp. vinegar | |
| $\frac{1}{2}$ teasp. mustard | sugar to taste |

BEAT.....egg yolk, mustard, salt and cayenne in small bowl on speed 3.

ADD.....vinegar and oil gradually, sugar if desired.

VARIATIONS in flavour will improve the popularity of the mayonnaise, and the salads they accompany. USE lemon, orange or grapefruit juice or a combination of two or three, to replace vinegar.

ADD any of the following:—

- $\frac{1}{2}$ cup sardines for vegetable salad
- $\frac{1}{4}$ cup cream cheese.
- 2 tablespoons chopped mint or parsley.
- $\frac{1}{2}$ cup cucumber.
- 2 tablespoons grated horse radish.

SALAD DRESSING

Mixing time: 2 to 3 minutes

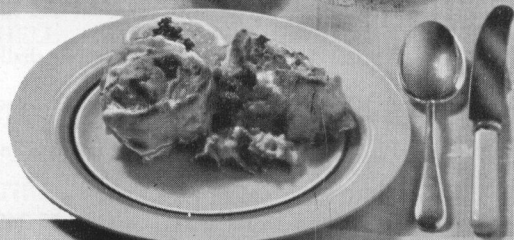
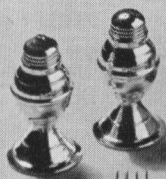
- | | |
|--|---------------------------|
| $\frac{1}{2}$ cup sweetened condensed milk | 2 oz. shortening melted |
| 1 egg yolk | $\frac{1}{2}$ cup vinegar |
| 1 teasp. mustard | 1 teasp. salt |

BEAT.....egg yolk, mustard, salt and milk on speed 2 for 1 minute.

ADD.....vinegar gradually, then shortening.

BEAT.....well and store in an airtight jar.

Savoury Foods..



MINCE LOG

Serves 4-6

- | | |
|--|------------------------|
| 1 lb. round steak | 1 onion diced |
| 2/3 cup bread-crumbs | 1 egg |
| 2/3 cup tomato juice or pulp | bacon rashers |
| 3/4 cup diced raw or cooked vegetables | salt & pepper |
| | 2 cups mashed potatoes |

- MINCE.....steak on Sunbeam Mincer.
 PUT.....steak, breadcrumbs, vegetables, tomato pulp and seasoning into large bowl.
 BEAT.....egg well on speed 8.
 BIND.....together and form a roll.
 ROLL.....in bacon rashers.
 BAKE.....in shallow fat for one hour.
 COVER.....with mashed potatoes forced through a meringue pipe or spread roughly with a knife.

BUTTERED EGGS

Serves 2

- | | |
|--------|---------------------|
| 3 eggs | 2 tblsp. shortening |
| salt | pepper |
- BEAT.....eggs lightly on speed 8.
 ADD.....salt and pepper.
 MELT.....shortening in a pan.
 POUR.....in eggs and stir until thick.
 SERVE.....on buttered toast.

HOT ASPARAGUS ROLLS

- | | |
|-------------------|---------------|
| asparagus tips | melted butter |
| thin bread slices | tooth picks |
- CUT.....crusts from bread, and brush with melted butter.
 PLACE.....a piece of asparagus onto bread, and roll from one corner.
 SECURE.....with a toothpick.
 FRY.....until lightly brown, 375°F., in Sunbeam Cooker and Deep Fryer.

CHICKEN & HAM SHORTCAKE

Serves 6

- | | |
|-------------------------------|----------------------------|
| 4 oz. shortening | 1/2 pint thick white sauce |
| 2 cups S.R. flour | 1 cup chopped chicken |
| 1/2 teasp. mustard | 1 tblsp. chopped shallot |
| 2 tblsp. chopped ham or bacon | 1 tblsp. chopped parsley |
| salt | |
| 1/2 cup milk | |
- BEAT.....shortening until soft.
 ADD.....flour, salt and mustard and mix until crumbled on speed 1.
 ADD.....milk and bacon—mix to a stiff dough.
 PLACE.....in greased 7" sandwich tin.
 BAKE.....in a hot oven 35-40 minutes.
 PREPARE.....sauce, add chicken, shallot and parsley.
 CUT.....shortcake in halves and fill with chicken mixture.
 SERVE.....with peas and carrots.

STEAK DIANNE

Serves 3

- | | |
|---|-----------------|
| 1 lb. best steak | 1/3 cup sherry |
| 2 tblsp. shallot or 1 tblsp. chives and 1 teasp. parsley and herbs chopped. | 1 tblsp. butter |
| | 1 clove garlic |
- PLACE.....steak on large plate — sprinkle with sherry and chopped shallot.
 ALLOW.....to stand for two hours.
 MELT.....butter with garlic 380°F. in Sunbeam Frypan.
 REMOVE.....garlic. Place meat in and brown both sides.
 REDUCE.....heat and cook gently.
 POUR.....remaining sherry into pan.
 SERVE.....steaks immediately with creamy mashed potatoes and green vegetables.
 POUR.....over juices from the pan.

DEVILLED EGG PIES*Makes 12-15*

- | | |
|-------------------------------------|--------------------------|
| $\frac{1}{2}$ quantity flaky pastry | 1 tblsp. chopped shallot |
| 3 hard boiled eggs | salt and cayenne |
| 2 tblsp. chutney | grated cheese |
| 1 teasp. worcestershire sauce | |
- ROLL.....out pastry and cut and line patty tins.
- MIX.....chutney sauce and shallot together.
- ADD.....chopped egg and season with salt and pepper.
- PLACE.....a spoonful of mixture into each pastry case.
- SPRINKLE...with cheese.
- BAKE.....in a hot oven 10-15 minutes.
- SERVE.....hot.

LIVER LOAF*Serves 4*

- | | |
|------------------------------------|-----------------------|
| 1 lamb's liver | 1 teasp. chopped mint |
| 1 cup breadcrumbs | 1 lb. tomatoes |
| 1 cup minced onion | 3 onions |
| $\frac{1}{4}$ teasp. herbs | salt and pepper |
| $\frac{1}{4}$ teasp. ground cloves | 1 dsp. shortening |
| 1 teasp. chopped parsley | flour |
- SOAK.....liver for $\frac{1}{2}$ hour in cold water.
- REMOVE...skin, dry and cut a pocket in the thick side.
- PREPARE...stale breadcrumbs, onion, parsley and mint on Sunbeam Blender Attachment.
- ADD.....cloves and herbs, salt and pepper to taste.
- PLACE.....in pocket in liver.
- MELT.....shortening in baking dish.
- FRY.....until browned.
- SLICE.....tomatoes and onions and add to liver.
- BAKE.....in a mod. oven 1 hour or until tender.

CHEESE FONDUE*Serves 4*

- | | |
|----------------------------------|--|
| 3 eggs | $\frac{1}{4}$ teasp. mustard |
| $1\frac{1}{2}$ cups bread crumbs | $\frac{1}{3}$ cup strong cheese salt and cayenne |
| 1 cup milk | |
- BEAT.....egg whites stiffly in small bowl on speed 8.
- PLACE.....egg yolks in large bowl and beat lightly on speed 1.
- ADD.....breadcrumbs, milk, mustard, cheese and seasonings.
- FOLD.....in beaten egg whites on speed 1.
- POUR.....into greased casserole and bake for 20 to 30 minutes.

FLUFFY OMELETTE*Serves 2*

- | | |
|---------------------------|----------------|
| 3 eggs | 3 tblsp. water |
| $\frac{1}{4}$ teasp. salt | pepper |
- BEAT.....egg whites stiffly on speed 8.
- ADD.....egg yolks, liquid and seasoning and mix through.
- POUR.....into greased heated omelette pan.
- COOK.....over a low heat until puffy and browned underneath.
- BROWN...top under griller.
- FOLD.....over and serve immediately.

VARIATIONS:

- ADD: $\frac{1}{2}$ cup chopped ham or cooked bacon or grated cheese.
- 1 teasp. grated onion.
- 1 dsp. chopped parsley.
- 2 tblsp. chopped tomatoes.
- $\frac{1}{2}$ teasp. mixed herbs.
- 1 oz. sugar to beaten egg whites and serve with hot jam.

SAVOURY RICE*Serves 6*

- | | |
|--|--|
| 1 cup rice | clove garlic |
| $\frac{1}{4}$ cup oil or melted butter | salt, pepper and paprika |
| $\frac{1}{2}$ lb. mushrooms | 1 cup water |
| $\frac{1}{2}$ lb. tomatoes | 1 cup chopped raw pork or cooked meat. |
| 1 onion | |
- HEAT.....oil in Sunbeam Frypan or Sunbeam Cooker and Deep Fryer—375°F.
- PLACE.....rice in oil and cook until very lightly browned.
- ADD.....chopped pork and sliced onion and brown lightly.
- ADD.....garlic, chopped mushrooms and tomato with hot water.
- SEASON...to taste.
- SIMMER...gently until tender, adding hot water — as required — usually about 2 cups.
- STIR.....frequently to prevent sticking.
- N.B.—If cooked meat is used add 5 mins. before serving.

Sea Foods**PRAWN REMOULADE**

- | | |
|---------------------------------|--|
| $\frac{1}{2}$ lb. cooked prawns | 2 tblsp. thinly sliced spring onion or shallot |
| $\frac{1}{4}$ cup salad oil | |
| 1 dsp. prepared mustard | $\frac{1}{4}$ cup finely diced celery |
| 2 tblsp. lemon juice | salt, pepper, paprika |
- MIX.....together oil, mustard, lemon juice, onion, celery, salt and pepper in small bowl.
- ADD.....prawns and toss well.
- STAND...in refrigerator (covered) to marinate for 2 hours.
- MIX.....thoroughly.
- SERVE...on bed of shredded lettuce with salad vegetables, or on biscuits as appetisers.

PRAWN CHEESE PUFF

Serves 4

$\frac{1}{2}$ lb. shelled prawns 3 eggs
 5 slices bread 2 cups milk
 buttered $\frac{1}{2}$ teas. salt
 8 oz. Kraft cheese pepper, paprika and
 (grated) cayenne to
 pinch dry mustard suit taste

CUT.....prawns into 2 or 3 pieces.
 CUT.....bread into small cubes and
 put half of them into oven-
 proof dish buttered, spread
 over $\frac{1}{2}$ the prawns and
 sprinkle with $\frac{1}{2}$ the cheese
 and mustard.
 ADD.....remainder of cubes and
 sprinkling of cheese and
 prawns.
 BEAT.....eggs on speed 8.
 ADD.....seasonings and milk and
 pour over all.
 SPRINKLE.....remaining cheese on top.
 BAKE.....in moderate oven 40-50
 minutes, until firm when
 tested with knife.

OYSTER RISSOLES

Makes 24-36

4 oz. shortcrust lemon juice
 1 cup thick white egg glaze and
 sauce bread crumbs
 1 dozen oysters

PREPARE.....sauce, season with salt and
 cayenne.
 CHOP.....oysters and add to sauce.
 ADD.....lemon juice to taste.
 ROLL.....out prepared pastry thinly
 and cut with a round scone
 cutter.
 PLACE.....a teaspoonful of mixture on
 each piece of pastry.
 BRUSH.....edges with milk.
 FOLD.....over and seal.
 DIP.....into egg glaze and toss in-
 to breadcrumbs.
 FRY.....in heated shortening until
 brown. Use 375°F. on
 Sunbeam Cooker and Deep
 Fryer or 380°F. in Sun-
 beam Frypan. Serve im-
 mediately.

SCHNAPPER CONTINENTAL

1- $\frac{1}{2}$ lb. Schnapper salt and cayenne
 steaks butter or margarine
 Mayonnaise lemon

WIPE.....steaks and rub over with a
 piece of lemon and salt.
 GREASE.....a baking dish or pyrex dish
 with butter.
 PLACE.....fish onto dish and cover
 each piece with mayon-
 naise, sprinkle with pepper.
 PLACE.....into hot oven and bake 30-
 40 minutes.
 GARNISH.....with slices of stuffed olive.
 SERVE.....with creamy mashed pota-
 toes and peas.

SEAFOOD NEWBURG

Serves 4-6

$\frac{1}{2}$ lb. crab meat 2 teas. worcester-
 $\frac{1}{2}$ lb. lobster meat shire sauce
 3 dsp. butter salt and cayenne
 3 dsp. flour $\frac{1}{8}$ teas. mustard
 1 $\frac{1}{2}$ cups milk and paprika
 3 tblsps. $\frac{1}{2}$ lb. prawns
 mayonnaise

SHELL.....prawns, cut crab and lob-
 ster into pieces about the
 same size as the prawns.
 MELT.....butter in a saucepan, add
 flour and seasonings, sauce
 and then milk.
 STIR.....over a low heat until thick.
 ADD.....mayonnaise and meats.
 SIMMER.....gently until heated through.
 SERVE.....on lobster shell, lettuce
 leaves or toast.
 CAN.....be placed in individual
 ovenproof dishes to heat
 through after the fish is
 added. Dot top with butter
 before placing in the oven.

TROPICAL MOULD**FISH LAYER:**

1 dsp. gelatine 1 cup Tuna
 1 tblsp. water 1 tblsp. lemon juice
 1 cup mayonnaise salt

CHEESE LAYER:

1 dsp. gelatine 1 cup grated cheese
 2 tblsp. water salt
 $\frac{1}{2}$ cup pulped
 pineapple

PLACE.....gelatine in cold water and
 stand over boiling water
 until dissolved.
 ADD.....flaked Tuna to mayonnaise
 with salt and lemon juice
 to taste.
 MIX.....gelatine through and place
 in wetted mould to set.
 PULP.....pineapple on juice extractor
 and cook until tender with
 a little sugar.
 ADD.....1 dsp. gelatine soaked in
 water and cool and place
 in refrigerator.
 ADD.....grated cheese to setting
 mixture.
 POUR.....onto fish mixture in mould
 and chill.
 SERVE.....on crisp lettuce leaves with
 salad vegetables.

SANDWICH BUTTER

$\frac{1}{2}$ lb. butter 1 dsp. boiling water
 $\frac{1}{2}$ teasp. gelatine $\frac{1}{2}$ cup cold milk

MELT.....gelatine in boiling water.
BEAT.....butter on speed 1 until soft.
CREAM.....well on speed 5.
ADD.....gelatine then milk gradually.

PINWHEEL SANDWICHES

CUT.....bread thinly lengthwise.
SPREAD.....with butter and suitable filling.
ROLL.....and cut into finger lengths.
SERVE.....arranged on shredded lettuce.

OPEN SANDWICHES

CUT.....slices of bread thicker than for double sandwiches.
SPREAD.....with suitable fillings.
CUT.....into shapes with fancy cutters.

CLUB SANDWICHES

TOAST.....3 slices bread.
BUTTER.....one slice and place on a plate.
COVER.....with selected filling.
ADD.....other slices of toast and filling.
CUT.....diagonally and garnish.

SUGGESTED FILLINGS FOR CLUB AND OPEN SANDWICHES.

Devilled egg, cheese, celery, salad dressing.
Grilled ham, grilled sausage, lettuce.
Salmon, gherkin, sliced tomatoes, lettuce and salad dressing.
Fried egg, grilled ham, tomato, salad dressing.
Chicken, ham, tomato, lettuce.

SUNBEAM SANDWICH FILLINGS

The new Sunbeam Blender Attachment is ideal for blending all types of fillings and spreads for sandwiches and savouries. Simply place the ingredients into the Blender glass and blend on a high speed until desired fineness.

ANCHOVY & EGG

Combine 2 hard boiled egg yolks and 1 tblsp. anchovy paste with salt and pepper.

EGG & GHERKIN

Cream 2 hard boiled eggs, 2 chopped gherkins, 1 teasp. butter, salt and pepper together.

CHICKEN & HAM

Mix together 3 oz. cooked minced chicken, 1 oz. minced ham, 1 tblsp. grated cheese, 1 teasp. butter.

CURRY BUTTER

Combine 2 oz. butter, $\frac{1}{2}$ teasp. curry powder and squeeze lemon juice, use with sliced meats, egg, etc.

PARSLEY BUTTER

Combine 2 oz. butter and 1 tblsp. parsley and beat to spreading consistency.

VEGEMITE, CHEESE & LETTUCE

Cream $\frac{1}{2}$ cup soft grated cheese, add 1 teaspoon vegemite, and use with shredded lettuce.

OYSTER CREAM

Combine 1 doz. oysters, well minced, with $\frac{1}{3}$ cup mayonnaise or thick white sauce.

CREAMED HAM

Combine $\frac{1}{2}$ cup salad dressing, $\frac{1}{2}$ cup minced ham.

ANCHOVY & CHEESE

Mix 2 tblsp. anchovy paste with 2 tblsp. creamed cheese.

PEANUT BUTTER & HAM

Mix 2 tblsp. peanut butter and 2 tblsp. chopped ham.

DATE & PEANUT BUTTER

Combine 2 tblsp. chopped dates with 2 tblsp. peanut butter.

RAISIN & ORANGE

Combine 2 tblsp. chopped raisins and grated rind 1 orange.

TUNA & CUCUMBER

Flake a small tin of Tuna fish, add $\frac{1}{3}$ cup of mayonnaise, and add $\frac{1}{3}$ cup drained and grated cucumber. Add salt and pepper.

DEVILLED EGG

Mix 2 hard boiled eggs chopped, 1 teasp. worcestershire sauce, $\frac{1}{4}$ teasp. mixed mustard, 1 teasp. chutney, pinch curry powder, salt, cayenne, and 1 oz. melted butter.

Scones and Loaves..



When making scones be careful to have the mixture at the right consistency, soft and light, dry enough to cut cleanly with a whipper yet sufficiently moist for dough to adhere to the whipper. Wet dough will cause the scones to spread, whilst a dry consistency results in rough looking scones. The oven too will affect the result, and it is wise to have a hot oven to get the best rising. Loaves and tea cakes are usually lighter if the mixture is moist rather than dry. Remember when mixing scone doughs the unit replaces a knife. Raise and lower the motor head, using the whippers in an up and down cutting action.

PLAIN SCONES

Makes 12-15

Mixing time: 2 to 3 minutes

1½ cups self raising flour
½ cup milk
1 dsp. shortening
pinch salt

BEAT.....shortening until soft on speed 1.
ADD.....half of flour and mix well.
ADD.....remainder of flour, salt, then milk.
MIX.....to a soft dough on speed 1.
KNEAD.....lightly on a floured board.
CUT.....and place on a greased slide.
BAKE.....in a hot oven 10-15 minutes.

PUMPKIN SCONES

Makes 25

Mixing time: 4 to 5 minutes

2½ cups self raising flour
2 oz. shortening
1 egg
1 cup mashed pumpkin
2 oz. sugar
½ cup milk

BEAT.....shortening until soft on speed 1.
ADD.....sugar and increase speed to 8.
MIX.....in pumpkin and egg.
REDUCE.....to speed 1 and add milk.
LIGHTLY.....add flour and turn onto a floured board.
KNEAD.....roll, cut and place onto a greased tray.
BAKE.....in a hot oven 15 minutes.

FRUIT SCONES

Makes 18-24

Mixing time: 3 to 4 minutes

½ lb. self raising flour
1 oz. shortening
pinch salt
2 oz. sugar
2 oz. sultanas, currants or chopped dates
½ cup milk
1 egg

BEAT.....shortening on speed 1.
ADD.....flour and salt.
MIX.....into shortening on speed 1, add fruit and sugar.
MIX.....to a soft dough with milk and beaten egg.
KNEAD.....lightly and cut out.
PLACE.....on greased slide.
BAKE.....in hot oven for 15 minutes.

GEM SCONES

Makes 24

Mixing time: 5 to 6 minutes

1½ cups self raising flour
2 eggs
2 oz. shortening
4 oz. sugar
¾ cup milk
salt

CREAM.....shortening on speed 1.
ADD.....sugar and increase to speed 8, add salt.
BEAT.....in egg yolks and milk.
MIX.....in sifted flour on speed 1.
FOLD.....in stiffly beaten egg whites.
DROP.....into heated greased gem irons.
BAKE.....in a hot oven 10-15 minutes.

DOUGHNUTS

Makes 20

Mixing time: 5 to 6 minutes

2 cups self raising flour	2 dsp. shortening
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ teasp. cinnamon	$\frac{1}{2}$ cup golden syrup
$\frac{1}{2}$ cup sugar	

BEAT.....shortening until soft on speed 1.

ADD.....sugar and syrup and beat on speed 8 until creamy.

ADD.....milk and reduce to speed 1.

FOLD.....in sifted flour and cinnamon.

KNEAD.....lightly on a floured board.

CUT.....out with a round cutter and remove centre with a smaller cutter or doughnut cutter.

FRY.....in heated shortening 375°F. on Sunbeam Cooker and Deep Fryer.

DRAIN.....and dredge with castor sugar before serving.

CORN & BACON MUFFINS Makes 15

Mixing time: 3 to 4 minutes

2 oz. shortening	2 tblsp. chopped
2 cups self raising flour	crisp fried bacon or ham
$\frac{1}{2}$ cup sweet corn	salt and cayenne
$\frac{1}{2}$ to $\frac{3}{4}$ cup milk	1 egg

BEAT.....shortening until soft on speed 1.

ADD..... $\frac{1}{2}$ of flour, salt and cayenne.

MIX.....until crumbled then add remainder of flour.

ADD.....bacon, corn, milk and beaten egg, mix to a soft dough.

PLACE.....in greased muffin tins.

BAKE.....in a hot oven 15-20 minutes.

CHEESE BUN

Mixing time: 2 to 3 minutes

1 oz. shortening	1 egg
2 cups self raising flour	1 cup grated cheese
$\frac{1}{2}$ cup milk	salt
	pinch cayenne

BEAT.....egg on speed 8.

WARM.....milk, add grated cheese and beaten egg.

BEAT.....shortening on speed 1 until soft.

ADD.....half of the flour, salt and cayenne and mix to a crumbled consistency.

ADD.....remainder of flour and mix through.

MIX.....to a dough with liquid.

PLACE.....in greased 6 inch square tin.

BAKE.....in a hot oven 20-25 minutes.

TEA ROLLS

Makes 20

Mixing time: 5 to 6 minutes

2 oz. shortening	1 egg
2 cups self raising flour	4 oz. sugar
	$\frac{1}{2}$ cup milk

BEAT.....shortening until soft on speed 1.

ADD.....sugar and increase to speed 8, beating well.

ADD.....egg and reduce to speed 1.

MIX.....in milk and then flour.

ROLL.....on a floured board to $\frac{1}{4}$ inch thick.

CUT.....out with a 2 inch round cutter.

FOLD.....over in halves and place on a greased slide.

BAKE.....in a moderately hot oven for 10-15 minutes.

SODA LOAF

Mixing time: 3 to 4 minutes

2 oz. shortening	2 tblsp. brown sugar
2 cups plain flour	
1 tblsp. golden syrup	1 egg
$\frac{1}{2}$ teasp. bi-carb. soda	$\frac{1}{2}$ cup milk

BREAK.....up shortening on speed 1, and beat until soft on speed 5. Add flour, soda and mix evenly through.

ADD.....sugar, egg, syrup and milk.

MIX.....to a dough on speed 1.

BEAT.....on speed 2 until smooth.

POUR.....into greased 5 inch x 8 inch loaf tin.

BAKE.....in a hot oven 20-25 minutes.

LEMON CRISP TEA CAKE

Mixing time: 5 to 6 minutes

2 cups self raising flour	1 egg
$\frac{1}{2}$ teasp. salt	3 oz. Copha
$\frac{1}{2}$ cup sugar	1 dsp. grated lemon rind
	$\frac{3}{4}$ cup milk

TOPPING:

2 tblsp. sugar	2 tblsp. finely crushed cornflakes
1 oz. Copha	$\frac{1}{2}$ teasp. cinnamon

PREPARE.....topping by placing cornflakes, sugar and cinnamon into small bowl. Melt copha and mix through.

PLACE.....half of the flour and salt into large bowl.

ADD.....sugar, egg, milk, melted Copha and rind.

BEAT.....on speed 2 for 3 minutes.

ADD.....remainder of flour and beat for 1 minute.

PLACE.....in greased 7 inch sandwich tin.

SPRINKLE.....with prepared topping.

BAKE.....in a mod. oven 30-35 minutes.

CRUSTY PRUNE MUFFINS *Makes 18*

Mixing time: 5 to 7 minutes

3 oz. shortening ½ cup chopped
 ½ cup brown sugar prunes
 grated rind 1 lemon 1½ cups self raising
 1 egg flour
 ½ cup milk

TOPPING:

1 oz. butter 1 tblsp. sugar
 ½ teasp. cinnamon

BREAK.....up shortening on speed 1
 and beat until soft on
 speed 5.

ADD.....lemon rind and sugar and
 beat until creamy on speed
 8.

BEAT.....in egg.

REDUCE.....to speed 1, add chopped
 prunes, then flour and milk
 alternately.

PLACE.....in greased muffin tins.

BAKE.....in a hot oven 12-15
 minutes.

BRUSH.....with melted butter while
 hot.

SPRINKLE.....with cinnamon and sugar.

DATE TEA RING

Mixing time: 5 to 7 minutes

1 egg 2 dozen dates
 1½ cups self raising 1 tblsp. melted
 flour shortening
 ½ cup sugar 1 tblsp. brown
 1 cup milk sugar
 2 oz. shortening 1 teasp. lemon rind

GREASE.....an 8 inch ring tin and line
 bottom with paper.

ARRANGE.....dates in bottom.

SPRINKLE.....with brown sugar, lemon
 rind, and melted shorten-
 ing.

BEAT.....egg and sugar until thick
 on speed 8.

MELT.....2 oz. shortening and add to
 egg with milk.

FOLD.....in flour on speed 1.

POUR.....into prepared tin.

BAKE.....in a mod. hot oven 20-25
 minutes.

ALLOW.....to stand in the tin 5 min-
 utes before turning out.

APPLE LOAF

Mixing time: 3 to 4 minutes

3 oz. shortening ½ teasp. nutmeg
 2 cups self raising 1 cup milk
 flour 1 egg
 ½ cup sugar ¾ cup diced raw
 pinch salt apple
 ½ teasp. cinnamon

TOPPING:

1 teasp. sugar 1 teasp. cinnamon

BREAK.....up shortening on speed 1.

BEAT.....until smooth.

ADD.....flour, sugar, salt and spices
 and mix to a crumbled con-
 sistency.

ADD.....milk and egg and beat un-
 til smooth on speed 2—
 about 2 minutes.

MIX.....chopped apple through.

PLACE.....in greased loaf tin.

MIX.....topping and sprinkle over.

BAKE.....in a moderately hot oven
 35-45 minutes.

CLOVER MUFFINS*Makes 12*

Mixing time: 5 to 6 minutes

2 oz. shortening 2 cups self raising
 1 tblsp. sugar flour
 1 egg ½ cup milk
 salt

BREAK.....up shortening on speed 1
 and beat on speed 5 until
 soft.

ADD.....sugar and beat until creamy
 on speed 8.

MIX.....in egg.

ADD.....flour, salt and liquid al-
 ternately and mix to soft
 dough.

KNEAD.....lightly on floured board.

DIVIDE.....into 12 then into 3 por-
 tions.

ROLL.....into balls, and place 3 at a
 time into greased muffin
 tins.

BAKE.....in a hot oven 12-15 min-
 utes.

SPLIT.....while hot and serve but-
 tered.

SWEDISH TEA RING

Mixing time: 2 to 3 minutes

1 quantity plain 1 tblsp. grated soft
 scone dough cheese
 1 oz. shortening ¾ cup mixed fruit
 1 tblsp. sugar preserved cherries
 ½ teasp. cinnamon

PREPARE.....scone dough.

BEAT.....shortening until soft.

ADD.....cheese and sugar and beat
 until creamy.

MIX.....in cinnamon.

ROLL.....dough out to 8 inch x 12
 inch piece.

SPREAD.....with butter mixture.

SPRINKLE.....with mixed fruits.

ROLL.....up roly poly fashion.

FORM.....into a ring on a greased
 scone slide.

CUT.....around outside edge with
 scissors, about ¾ way
 through and turn onto side.

BRUSH.....over with milk.

BAKE.....in a hot oven 20-25 min-
 utes.

GLAZE.....with syrup glaze, page 38.

DECORATE with cherries.

SAVOURY FINGERS

Makes 18

Mixing time: 2 to 3 minutes

1 tblsp. shortening pinch salt
2 cups self raising flour 1 cup grated cheese
 $\frac{3}{4}$ cup milk

BREAK.....up shortening on speed 1.
BEAT.....on speed 5 until quite soft.
ADD..... $\frac{1}{2}$ flour and salt and mix to a crumbled consistency.
MIX.....in remainder of flour.
ADD.....milk and mix to a soft dough.

TURN.....onto a floured board.
ROLL.....out to $\frac{1}{4}$ inch thick in an oblong shape.
SPREAD..... $\frac{1}{2}$ with chutney and sprinkle with $\frac{1}{2}$ of cheese.
FOLD.....over, brush with a little milk or melted butter.
SPRINKLE.....with remainder of cheese.
CUT.....into fingers.
PLACE.....on greased slide.
BAKE.....in a hot oven 15-20 minutes.

YEAST COOKERY

With quick, easily-handled, compressed yeast readily available, the housewife can introduce new and different foods to her family and friends. Yeast is a raising agent which works slowly and requires warmth to become effective. To obtain the best results it is necessary to:—

1. Have all the ingredients warm and to keep the sponge and dough at an even temperature (82° F. is deemed the best heat).
2. Be careful not to over-heat or yeast will become ineffective.
3. Knead well on each occasion to ensure the removal of all gases.
4. Bake in a hot oven to obtain the best results.
5. Test all yeast foods at specified cooking time by tapping with the knuckles, when a hollow sound should result.

MILK LOAF

1 tblsp. sugar $\frac{1}{2}$ egg
2 oz. shortening $\frac{1}{2}$ teasp. salt
1 oz. compressed yeast $\frac{3}{4}$ cup warm milk
1 cup water 2-2 $\frac{1}{2}$ cups plain flour

PLACE.....the sugar, salt, shortening and heated milk into large basin and keep warm.
BEAT.....the yeast until smooth, add water and beaten egg, mix with warm milk mixture.
ADD.....flour gradually until dough forms a stiff ball. Use speed 1.
COVER.....and allow to rise to twice its size.
KNEAD.....on a floured board.
MOULD.....and place in greased loaf tin.
ALLOW.....to rise in a warm place for 15-20 minutes.
BAKE.....in a hot oven for 30-40 minutes.
BRUSH.....with a melted shortening.

YEAST BUNS

Makes 18-24

1 lb. flour $\frac{1}{2}$ teasp. salt
1 oz. compressed yeast 2 oz. shortening
1 egg $\frac{1}{2}$ pint milk
2 oz. sugar 2 oz. sultanas
BEAT.....yeast to a smooth paste with 1 teasp. each of sugar and flour and a little of the milk in the small bowl.

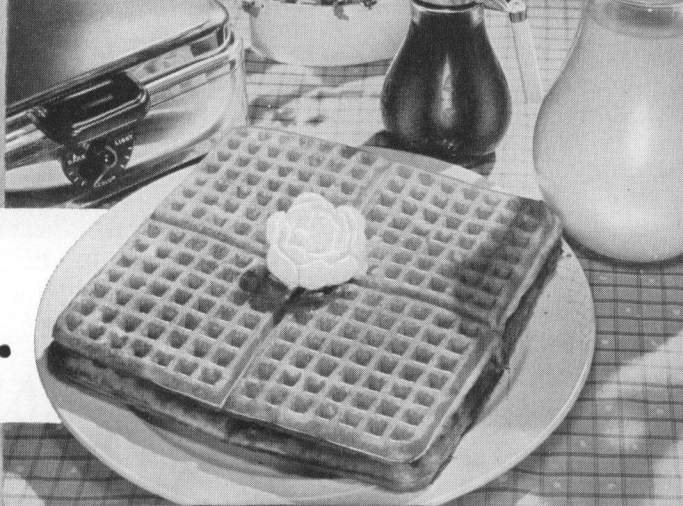
ADD.....remainder of milk and allow to stand for 15 minutes in a warm place.
RUB.....shortening into flour warmed in large bowl, add sugar, sultanas and salt.
BEAT.....egg, add to yeast mixture and mix dry ingredients to a soft dough.
KNEAD.....well and allow to stand in warm place to rise for 40 minutes.
KNEAD.....and shape into buns.
PLACE.....on greased tray to rise for 10 minutes.
BAKE.....in a hot oven for 15 minutes.
GLAZE.....with boiled syrup glaze.

CRUMPETS

1 lb. flour $\frac{1}{2}$ oz. compressed yeast
1 egg yeast
 $\frac{1}{2}$ pt. milk $\frac{1}{2}$ teasp. salt

CRUMBLE.....the yeast into a bowl.
ADD.....milk and egg and gradually beat in flour, continue to beat until smooth — adding more liquid if necessary until batter is slightly thicker than that for pancakes.
ALLOW.....to rise for 1 $\frac{1}{2}$ hours.
POUR.....into greased crumpet rings on a hot plate or griddle. Use 360-380° on Sunbeam Frypan.
COOK.....turning once.

Batters..



A batter can be quickly prepared and cooked to present attractive foods for unexpected guests. Pikelets, pancakes and waffles are popular served at any meal, and you will find savoury and sweet fritters firm family favourites. It is important when using batter to remember that a light coating will give the best results.

Fried foods, crisp-browned and free from greasiness, cook to perfection in the Sunbeam Cooker and Deep Fryer.

The Controlled Heat Automatic Frypan is ideal for pancakes and pikelets; no guess work, simply turn the control dial to the correct temperature for even browning, perfect cooking.

SUNBEAM WAFFLES

Makes approx. 8

Mixing time: 2 to 3 minutes

2 cups self raising flour	1 tblsp. sugar
$\frac{1}{4}$ cup water	4 oz. shortening
$\frac{1}{4}$ cup milk	2 eggs
	pinch salt

BEAT.....the egg yolks and sugar on No. 8 speed.

REDUCE.....to No. 1 speed, add milk and water, then sifted dry ingredients.

MIX.....in melted shortening.

FOLD.....in stiffly beaten egg whites.

BAKE.....in greased pre-heated waffle iron.

WAYS WITH WAFFLES

Serve with maple syrup—stewed fruit—butter and honey, butter and jam, ice cream—brush with butter and sprinkle with cinnamon and sugar—serve with cream.

ADD TO BATTER

2 sliced bananas.

1 teaspoon cinnamon.

1 tablespoon cocoa—omit 1 tablespoon of the flour.

use $\frac{3}{4}$ cup cornflakes crushed for $\frac{1}{2}$ cup of the flour.

use wholemeal self-raising flour instead of white flour.

SAVOURY WAFFLES (always omit sugar)

- (1) add salt to taste.
- (2) sprinkle batter with chopped ham before baking.
- (3) omit $\frac{1}{2}$ of shortening and use $\frac{1}{2}$ cup fine grated cheese.
- (4) serve savoury waffles with creamed fish or chicken, bacon rolls and grilled tomatoes, creamed asparagus, creamed sweet corn, grilled split sausages.

PANCAKES

Makes 8

Mixing time: 2 to 3 minutes

1 cup self raising flour	$\frac{1}{2}$ pt. milk
1 egg	pinch salt

SIFT.....flour and salt into small bowl.

ADD.....whole egg and gradually beat in flour on speed 1.

ADD.....milk a little at a time, beat well when half the milk is added to remove any lumps.

MIX.....in remainder of milk.

ALLOW.....to stand for 1 hour.

GREASE.....heated omelette pan or Sunbeam Frypan—360°F.

POUR.....about $\frac{1}{2}$ cup batter into pan to make each pancake.

COOK.....quickly until lightly brown.

TOSS.....and brown other side.

SPRINKLE.....with lemon juice and sugar.

ROLL.....and serve hot.

YORKSHIRE PUDDING

Mixing time: 2 to 3 minutes

- | | |
|-----------------------------|-----------------------------|
| 1 cup self raising
flour | 2 small eggs |
| 1 cup milk | 1 tblsp. shortening
salt |
- SIFT..... flour and salt into small mixing bowl, add egg yolks milk and melted shortening.
- BEAT..... on speed 1 until smooth.
- BEAT..... egg whites stiffly on speed 8. Fold into batter.
- POUR..... into baking dish with a small quantity of heated fat, or into dish with roast beef.
- BAKE..... in a hot oven for 20-30 minutes.

FLUFFY PIKELETS

Makes 24-30

Mixing time: 1 to 2 minutes

- | | |
|-----------------------------|-------------------------------------|
| 1 cup self raising
flour | ½ cup milk (sour) |
| pinch salt | (if fresh, add 1
teasp. vinegar) |
| 2 tblsp. sugar | 1 dsp. butter |
| ¼ teasp. bi-carb.
soda | 1 egg |
- SIFT..... flour, salt and soda into small bowl.
- ADD..... sugar, egg and milk.
- BEAT..... on speed 1 until mixed.
- INCREASE..... to speed 8 and beat for 1 minute.
- FOLD..... in melted butter.
- PLACE..... in spoonful onto hot griddle 360°F. in Sunbeam Frypan. Cook until bubbled. Turn to brown.

CORN AND HAM FRITTERS

Mixing time: 2 to 3 minutes

- | | | |
|-----------------------------|-------------------------------------|------------------------------|
| small tin sweet corn | pieces of ham or
salt and pepper | bacon about 2
inch square |
| 1 cup self raising
flour | 1 tblsp. chopped
shallot | |
- 1 egg
- PLACE..... corn, salt and pepper into small bowl.
- ADD..... egg and mix through.
- MIX..... in flour gradually on speed 1, until a thick consistency.
- MIX..... in chopped shallot.
- ADD..... ham pieces.
- LIFT..... out in dessertspoonsful with a piece of ham in the centre of each fritter.
- FRY..... until golden brown, 375°F. Sunbeam Cooker and Deep Fryer — 380°F. Sunbeam Frypan.
- SERVE..... with grilled tomatoes.

SWEET

Bananas
pineapple slices
peaches, halved

FOODS SUITABLE FOR FRITTERS

apple rings
pineapple (cooked)
peaches (cooked)
pears (cooked)

FRITTER BATTER

Covers 8-12 Fritters

Mixing time: 1 to 2 minutes

- | | |
|-------------------|-------------------------|
| 1 cup plain flour | 1 dsp. baking
powder |
| 1 egg
salt | ½ cup milk |
- SIFT..... flour, baking powder and salt.
- BEAT..... egg yolk on speed 5.
- ADD..... milk and mix with dry ingredients on speed 1.
- BEAT..... egg whites stiffly and fold into batter.
- USE..... for raw or cooked fruits, cheese fritters, fried oysters, etc.

PANCAKE SAVOURY

- | | |
|------------------------------|---------------------|
| 1 quantity pancake
batter | 2 small tins Tuna |
| ½ pt. milk | 1 large tomato |
| 1 tblsp. flour | 1 tblsp. shallot |
| 2 ozs. shortening | salt and cayenne |
| | ½ cup grated cheese |
- PREPARE..... pancake batter, page 23.
- MELT..... shortening in a saucepan and add sliced tomatoes and shallot, and fry until tender with seasonings.
- ADD..... flour and milk and stir until thickened.
- COOK..... gently for 5 minutes.
- ADD..... fish and heat through.
- MIX..... cheese into pancake batter.
- HEAT..... omelette pan or Sunbeam Frypan to 380° — grease lightly.
- PLACE..... ½ cup batter in and allow to cook until setting.
- TURN..... to brown.
- PLACE..... on serving plate and spread with 1/5 of fish mixture.
- PUT..... next pancake on top and cover with mixture until all six pancakes are cooked and all mixture used up.
- SERVE..... with cooked vegetables or green salad and lemon.

CHEESE FRITTERS

Makes 12

- A quantity fritter batter
- Slices of packet cheese about ½ in. thick.
- DIP..... cheese pieces into prepared batter.
- DROP..... into heated shortening and fry until brown, 375°F. Sunbeam Cooker and Deep Fryer—380°F. in Sunbeam Frypan.
- SERVE..... with crisp bacon rolls.

SAVOURY

Fish, fresh or tinned	oysters
cooked sliced meat	prawns
raw, thinly sliced	scallops
liver	thinly sliced onion
egg plant	sliced tomatoes
cheese	

Pastries..



Pastries are of the most versatile and easily prepared foods, and an imaginative housewife can prepare an endless variety of foods, both sweet and savoury, to suit all occasions.

Care must be exercised to see that the balance of the diet is maintained and two pastry dishes should never be served at one meal. A cooked pie shell is always useful and can be readily filled if an unexpected meal is required. The Sunbeam Blender Attachment can be used for preparing pie fillings. Success in pastry making is assured if the following rules are observed:—

1. Use good quality shortening such as margarine, lard or good beef dripping.
2. Keep all pastry ingredients and mixtures as cool as possible.
3. Have pastry firm but not too dry for easy handling and best results. Sweet pastry can be chilled in a refrigerator if too soft for rolling.
4. Shape the pastry into the approximate shape before rolling out, thus saving unnecessary waste when trimming.
5. Roll out on a lightly floured board as evenly and as lightly as possible.
6. Roll at least one inch larger than the plate or dish to be used.
7. Lower pastry into tart plate. Do not stretch.
8. Always have cut edges on pastry to ensure best rising.
9. Prick bottom of pie shells with fork before cooking to prevent rising.
10. Bake in a hot oven.

SHORT CRUST

Mixing time: 2 to 3 minutes

2 cups plain flour	$\frac{1}{4}$ pt. water
$\frac{1}{2}$ teasp. baking powder	4 oz. shortening pinch salt

BEAT.....shortening until soft on speed 1.

SIFT.....in flour, baking powder and salt.

BEAT.....into shortening on speed 1.

MIX.....to a firm dough with water.

ROLL.....to shape and size required.

SWEET PASTRY

Makes 24-30

Mixing time: 4 to 5 minutes

4 oz. shortening	8 oz. self raising flour
2 oz. sugar	1 egg

BEAT.....shortening on speed 1 until soft.

ADD.....sugar and cream well on speed 8.

BEAT.....egg through mixture.

FOLD.....in flour on speed 1.

TURN.....onto a floured board.

ROLL.....to size required.

RICH SHORT CRUST

Mixing time: 2 to 3 minutes

6 oz. shortening	1 tblsp. lemon juice
2 cups plain flour	1 egg yolk
$\frac{1}{2}$ teasp. baking powder	pinch salt 4 tblsp. water

BEAT.....shortening until soft on speed 1.

SIFT.....flour, baking powder and salt, and add to shortening.

BEAT.....until crumbly.

MIX.....to a firm dough with water, egg yolk and lemon juice.

USE.....as required.

RICH ROUGH PUFF PASTRY

Mixing time: 1 minute

1 cup flour	3 tblsp. water
$\frac{1}{4}$ teasp. baking powder	1 egg yolk
pinch salt	squeeze lemon juice
	3 oz. shortening

SIFT..... flour, baking powder and salt.
DIVIDE..... shortening into three parts.
CUT..... one portion of shortening through dry ingredients.
MIX..... to a soft dough with water, egg yolk and lemon juice.
KNEAD..... lightly on a floured board.
ROLL..... out into a strip.
SPREAD..... with one portion of fat and sprinkle lightly with flour.
FOLD..... 3 times lengthwise and across folding the ends to the centre.
REPEAT..... the rolling and folding with the third portion of shortening and once without.
ROLL..... to shape and size required.

LEMON COCOANUT PIE

Mixing time: 3 to 4 minutes

shortcrust	1 cup sugar
2 eggs	3 tblsp. flour
3 tblsp. lemon juice	1 tblsp. melted butter
1 teasp. lemon rind	2 tblsp. cocoanut $\frac{1}{4}$ cup milk

LINE..... a tart plate with short crust.
BEAT..... eggs and sugar on speed 8.
ADD..... lemon rind, juice, flour and then cocoanut on speed 1.
LASTLY..... add butter and milk.
POUR..... into prepared tart shell.
BAKE..... in a moderate oven 30-40 minutes.
SERVE..... cold.

TUTTI FRUITI PIE

4 oz. short crust	$\frac{1}{3}$ cup peach juice
$1\frac{1}{2}$ cup sliced peaches (drained)	2 teasp. custard powder
$\frac{1}{2}$ cup sugar or to taste	1 cup mixed fruit (bananas, cherries, orange cubes, etc.)
1 tblsp. lemon juice	

PREPARE..... pastry and line an 8 inch tart plate.
ARRANGE..... fruits in shell.
MIX..... sugar and custard powder with lemon and peach juice. Pour over pie.
CUT..... strips from pastry scraps and decorate top with lattice.
PLACE..... in a hot oven for 10 mins., reduce heat and cook another 15 mins. or until set.
SERVE..... with cream or custard.

CUSTARD TART

Serves 8

Mixing time: 4 to 5 minutes

PASTRY:

4 oz. shortening	2 cups plain flour
$\frac{1}{2}$ cup sugar	pinch baking powder
1 egg	

BEAT..... shortening until soft on speed 1, add sugar.
CREAM..... on speed 8.
ADD..... egg and beat through.
MIX..... in flour and baking powder on speed 1.
ROLL..... out and line a 9" tart plate.
FILL..... with custard filling.
BAKE..... in a moderately hot oven 30-40 minutes.

CUSTARD FILLING:

Mixing time: 2 minutes

2 eggs	$\frac{1}{2}$ cup sugar
1 dsp. cornflour	$\frac{1}{2}$ pint milk
vanilla	

BEAT..... eggs and sugar lightly on speed 3.
ADD..... blended cornflour, vanilla and milk.
SPOON..... into pastry. DO NOT POUR.

NEENISH TARTS

Mixing time: 1 to 2 minutes

SHELLS:

1 egg white	3 tblsp. icing sugar
$\frac{1}{4}$ lb. ground almonds	1 tblsp. flour

FILLING:

Mixing time: 4 to 5 minutes

4 oz. butter	1 tblsp. condensed milk
3 tblsp. icing sugar	vanilla
2 tblsp. honey	

ICING:

warm icing	1 dsp. cocoa
------------	--------------

BEAT..... egg white lightly in small bowl on speed 8.
ADD..... icing sugar, almonds and flour.
ROLL..... out on board dusted with icing sugar.
CUT..... to fit patty tins.
PRICK..... well and bake in a moderate oven until firm—allow to cool.
BEAT..... butter and gradually add icing sugar, then other filling ingredients.
FILL..... cold tarts. Ice half of each with warm white icing.
ADD..... cocoa to remainder of icing and ice second half brown.

FRUIT CHIFFON PIE

UNCOOKED PASTRY:

3 cups cornflakes 3 oz. Cophia
½ cup sugar

FILLING:

3 eggs 1 banana
1 tblsp. lemon juice 2 tblsp. passionfruit
2 tblsp. orange pulp
 juice 1 cup sugar
½ cup pineapple 1 tblsp. gelatine
 pulp

ROLL.....cornflakes finely.
PLACE.....in bowl with sugar.
MELT.....Cophia (do not use hot)
 and pour onto prepared
 cornflakes.
MOULD.....into 8 inch tart plate and
 chill.
PULP.....pineapple and prepare juice
 on extractor.
SOAK.....gelatine in juices.
PLACE.....pineapple and half the
 sugar into saucepan and
 simmer until tender.
BEAT.....egg yolks with passionfruit
 pulp.
ADD.....to pineapple and stir until
 thickened.
ADD.....soaked gelatine and stir
 until dissolved.
BEAT.....egg whites stiffly in large
 bowl.
ADD.....remaining sugar gradually
 and beat until dissolved.
MIX.....in cooled fruit mixture. Add
 mashed bananas.
POUR.....into pie shell. Serve chilled.

SOUR CREAM PIE

Serves 6

uncooked 7½ inch 1 cup sour cream
pie shell (or Carnation
 unsweetened
1 cup brown sugar condensed milk
1 tblsp. self raising and 2 tblsp.
flour lemon juice)
1 teasp. mixed spice vanilla
1 cup raisins 2 egg whites
1 dsp. butter 2 tblsp. sugar
2 egg yolks

MIX.....sugar, flour and spice in
 small bowl.
ADD.....raisins, egg yolks — butter
 melted.
MIX.....through gradually, add
 cream and lemon juice if
 used, then vanilla on speed
 2.
POUR.....into pie shell—place in hot
 oven, reduce heat after ten
 minutes. Cook until set.
BEAT.....egg whites stiffly on speed
 8.
ADD.....sugar gradually and beat
 until dissolved.
COVER.....pie and return to oven to
 brown.

CRUSTY APPLE PIE

Serves 6

1 quantity rich grated rind 1 lemon
short crust 1 cup sugar
4 large cooking 1 cup castor sugar
apples

ROLL.....½ of pastry to fit an 8½"
 tart plate.
GRATE.....2 apples on Sunbeam Blen-
 der Attachment, sprinkle
 with sugar and lemon rind.
 repeat with remainder of
 apples.
ROLL.....out pastry to fit the top.
CUT.....and decorate edges.
BRUSH.....with cold water and
 sprinkle with castor sugar.
PLACE.....in a hot oven and cook
 35-45 minutes on a de-
 creasing heat.

SAUSAGE ROLLS

Makes 18-24 Rolls

1 quantity rich 1 tblsp. tomato
rough pastry sauce
1 tblsp. worcester- salt and pepper
shire sauce
¾ lb. sausage mince

PUT.....meat, sauces and seasoning
 into a saucepan and cook
 until it changes colour.
ROLL.....pastry into 6" x 15" square.
CUT.....into two strips.
PLACE.....cooled meat on centre.
FOLD.....over and cut into lengths.
BAKE.....on a greased slide in a hot
 oven, 20 minutes.

PUMPKIN PIE

Makes 18-24

4 oz. rich short crust honey or sugar to
 taste
½ cup cooked juice & rind 1
pumpkin (about lemon
 1½ lb.)
½ teasp. cinnamon 2 egg yolks
pinch mixed spice ½ cup milk
pinch nutmeg

MAKE.....pastry and roll out to fit a
 9" tart plate.
MASH.....pumpkin until quite smooth
 on speed 1 or use Sunbeam
 Blender Attachment for
 preparing entire filling.
ADD.....sugar, spices, lemon rind
 and juice.
BEAT.....egg yolks on speed 8, add
 milk and mix into pumpkin
 mixture.
POUR.....into pie plate; decorate the
 top with pastry strips.
BAKE.....in a hot oven 25-35
 minutes.

Cookies...



Home made biscuits and cookies are always a popular stand-by. They can be served with that odd cup of tea, for lunches and for the after school snack. Biscuit-making is easy and economical and you will be wise to note the following general rules:—

1. Follow the general hints for creaming butter and sugar (Page 33).
2. Use a well-floured board for rolling.
3. Allow ample space between biscuits when placing on trays to prevent them baking together.
4. Always allow biscuits to cool on trays, then place on a cake cooler.
5. Store in airtight jars after biscuits are quite cold.
6. Use the Sunbeam Blender Attachment to chop nuts, etc., for cookies.

FOUNDATION BISCUIT MIXTURE

Makes 40 Biscuits

Mixing time: 4 to 5 minutes

4 oz. shortening 1 egg
 ½ cup sugar 2 cups self raising
 flour

BEAT.....shortening on speed 1 until soft.
 ADD.....sugar and beat until creamy, on speed 8.
 ADD.....egg and beat through.
 MIX.....in flour, using No. 1 speed.
 PLACE.....in teaspoonfuls on prepared tins.
 BAKE.....15-20 minutes in a moderately hot oven.

VARIATIONS:

ROLL in sugar.
 ROLL in sugar and coconut.
 ROLL in balls and top with jam.
 ADD 3 ozs. sultanas.
 SUBSTITUTE 1 tblsp. cocoa for 1 tblsp. flour.
 ROLL out and cut with biscuit cutters.
 ADD 1 teasp. grated lemon rind.

SCOTCH SHORTBREAD

Mixing time: 5 to 7 minutes

7 oz. shortening 9 oz. plain flour
 vanilla 2 oz. rice flour or
 3 oz. icing sugar cornflour

BEAT.....shortening and vanilla until soft, on speed 1, add icing sugar gradually.
 INCREASE.....to speed 8 and beat until light and creamy.
 FOLD.....in sifted flours on speed 1.
 PRESS.....out into strips and cut into fingers.
 PLACE.....on a greased tray.
 BAKE.....in a barely moderate oven and bake for 15-20 minutes.

BLISTERS

2 tblsp. shortening 1 tblsp. lemon juice
 1 cup plain flour 3 tblsp. water
 1 teasp. salt

MIX.....shortening until soft, add flour and salt and mix through on speed 1.
 MIX.....into a dry dough with water and juice.
 ROLL.....out very thinly and cut into fancy shapes.
 PLACE.....on a greased slide.
 BAKE.....in a moderately hot oven 10-15 minutes.

COCOANUT DELIGHTS*Makes 30*

Mixing time: about 2 minutes

1 cup self raising flour	5 oz. shortening
1 tblsp. cocoa	1 dsp. Golden Syrup
1 cup cornflakes	vanilla
1 cup cocoanut	chocolate icing—
$\frac{1}{2}$ cup sugar	cocoanut

SIFT..... flour and cocoa into large bowl.
 ADD..... cornflakes — lightly crushed, cocoanut, sugar and vanilla.
 MELT..... shortening and syrup and add to dry ingredients.
 MIX..... thoroughly on speed 1.
 PRESS..... into greased swiss roll tin.
 BAKE..... in moderate oven 20-30 minutes.
 STAND..... tin on a cooler and cut in to squares.
 WHEN..... almost cold ice with warm chocolate icing and sprinkle with cocoanut.
 REMOVE..... from tin before quite cold.

CHEESE STICKS*Makes 30-36*

Mixing time: 2 to 3 minutes

$\frac{1}{2}$ oz. shortening	4 tblsp. grated
4 oz. self raising flour	cheese
$\frac{1}{2}$ teasp. salt	1 egg
pinch cayenne	3 tblsp. water

BREAK..... up shortening on speed 1 and beat until soft.
 ADD..... flour and beat until a crumbled consistency.
 MIX..... in salt and pepper and half of the cheese.
 MIX..... to stiff dough with egg yolk and water on speed 1.
 ROLL..... out to fit a swiss roll tin.
 BRUSH..... with egg white and sprinkle with remainder of cheese.
 BAKE..... in a mod. hot oven 20-25 minutes.
 CUT..... into strips about 3 inch x $\frac{1}{2}$ inch.
 NICE..... hot or cold.

BUTTER BUTTONS*Makes 36*

Mixing time: 4 to 5 minutes

3 oz. butter	1 cup self raising flour
3 tblsp. icing sugar	vanilla
1 egg yolk	

BREAK..... up butter on speed 1—add vanilla.
 BEAT..... until soft on speed 5.
 ADD..... icing sugar and beat until creamy.
 BEAT..... in egg yolk.
 ADD..... flour on speed 1.
 ROLL..... teaspoonful into balls and place onto greased slide.
 BAKE..... in a mod. hot oven 10-12 minutes. Cool on the slide.

STRAWBERRY COCOANUT PUFFS*Makes 40 biscuits*

Mixing time: 4 to 5 minutes

4 oz. shortening	quantity marsh- mallow filling,
$\frac{1}{2}$ cup sugar	cocoanut
1 egg	strawberry essence
1 tblsp. cocoanut	
2 cups self raising flour	

BREAK..... up shortening on speed 1.
 BEAT..... until soft on speed 5.
 ADD..... sugar and beat until creamy on speed 8.
 BEAT..... egg through.
 MIX..... in cocoanut and flour.
 ROLL..... out on floured board.
 CUT..... into rounds and place onto a greased slide.
 BAKE..... in a moderate oven 12-15 minutes.
 PREPARE..... filling, page 39, and flavour with strawberry essence—colour pink if desired.
 WHEN..... beginning to set, place in spoonfuls onto cold biscuits.
 SPRINKLE..... with cocoanut.

FROSTY DATE FINGERS*Makes 36*

Mixing time: 4 to 5 minutes

FILLING:

$\frac{3}{4}$ cup dates	2 to 4 tblsp. water
1 tblsp. brown sugar	—to form soft paste
3 tblsp. lemon juice	

PASTRY:

3 oz. shortening	1 teasp. grated lemon rind
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cups self raising flour
1 egg yolk	
1 tblsp. milk	

FROSTING:

Mixing time: 2 to 3 minutes

1 egg white	$\frac{3}{4}$ cup cocoanut
2 tblsp. sugar	almond essence

CHOP..... dates and place into sauce-pan with lemon juice, water and brown sugar.
 SIMMER..... gently until mixture is a smooth soft paste.
 BREAK..... up shortening on speed 1. Add lemon rind and beat until soft on speed 5.
 ADD..... sugar and beat until creamy on speed 8.
 BEAT..... in egg yolk and milk.
 ADD..... flour on speed 1.
 ROLL..... out thinly so that mixture covers bottom and $\frac{1}{2}$ inch up sides of swiss roll tray.
 SPREAD..... with cooled date mixture.
 BEAT..... egg white stiffly on speed 8, add sugar gradually.
 FOLD..... in cocoanut and almond essence.
 SPREAD..... over date mixture.
 BAKE..... in a moderate oven 20-30 minutes.
 CUT..... into fingers—allow to cool before removing from tin.

FRUIT CRINKLES *Makes about 3 dozen.*

Mixing time: 5 minutes

- | | |
|---------------------------|--------------------------------|
| 3 ozs. shortening | 1 tblsp. glaze |
| vanilla | cherries |
| $\frac{1}{2}$ cup sugar | $1\frac{1}{4}$ cups S.R. flour |
| 1 egg | cornflakes |
| $\frac{1}{2}$ cup walnuts | cherry pieces |
| $\frac{1}{2}$ cup dates | |
- BREAK.....up shortening on speed 1 and beat with vanilla on speed 5 until soft.
- ADD.....sugar and beat until creamy on speed 8.
- BEAT.....egg evenly through.
- CHOP.....cherries, dates and walnuts and add to mixture on speed 1
- MIX.....in flour.
- ROLL.....teaspoonsful in crushed cornflakes.
- PLACE.....on greased slide and top with a piece of cherry.
- BAKE.....in a mod. hot oven 12-15 mins.

NUTTY CRUNCH *Makes about 2½ dozen.*

Mixing time: 5 minutes

- | | |
|---------------------------|------------------------------|
| 2 egg whites | $\frac{1}{2}$ cup dessicated |
| $\frac{1}{3}$ cup sugar | cocoanut |
| $\frac{1}{4}$ cup crushed | $\frac{3}{4}$ cup salted |
| cornflakes | peanuts |
- BEAT.....egg whites on speed 8 until thick.
- ADD.....sugar gradually and beat until dissolved.
- FOLD.....in cornflakes, cocoanut and peanuts.
- PLACE.....in dessertspoonsful on to greaseproof paper on a scone tray.
- BAKE.....in mod. oven 20-25 mins.
- REMOVE.....from paper immediately.

PEANUT BUTTER BRITTLES*Makes about 2 dozen fingers.*

Mixing time: 6 minutes

- | | |
|-------------------------|--------------------------------|
| 2 ozs. shortening | $\frac{1}{2}$ cup sugar |
| 2 tblsps. Peanut Butter | 2 egg yolks |
| | $1\frac{1}{2}$ cups S.R. flour |
| | $\frac{1}{2}$ cup cornflour |
- BREAK.....up shortening and peanut butter on speed 1 and beat until creamy on speed 5.
- ADD.....sugar and cream on speed 8.
- BEAT.....egg yolks evenly through.
- REDUCE.....to speed 1, add flour and mix evenly through.
- ROLL.....teaspoonsful into balls and press on to greased tray with a fork.
- BAKE.....in mod. hot oven 12-15 mins.
- COOL.....on tray.

FROSTY DATE COOKIES

Mixing time: 6 minutes

- | | |
|--------------------|--------------------------------|
| 1 lb. dates | $\frac{3}{4}$ cup brown sugar |
| walnuts or almonds | 1 egg |
| cherries | $1\frac{1}{2}$ cups S.R. flour |
| 4 oz. shortening | 3 tblsps. milk |
- STUFF.....dates with a piece of nut.
- BREAK.....up shortening on speed 1
- BEAT.....on speed 5 until soft.
- ADD.....sugar and cream on speed 8.
- ADD.....egg and beat until evenly mixed through.
- REDUCE.....to speed 1 and add flour and milk; beat until mixed.
- DROP.....in stuffed dates.
- MIX.....through and lift out with a fork or whisk on to greased slide and make sure that each date is covered with mixture.
- BAKE.....in a mod. hot oven 10-12 mins.
- COOL.....and top with golden frosting.

GOLDEN FROSTING:

- | | |
|--------------------|---------|
| 4 ozs. shortening | vanilla |
| 3 cups icing sugar | |
- PLACE.....shortening into a saucepan and heat until lightly browned.
- GRADUALLY add icing sugar and beat until thick on speed 1.
- FLAVOUR.....with vanilla before using.

CARAMEL NUT FINGERS*Makes about 4 dozen cookies.*

Mixing time: 7 to 8 minutes

- | BISCUIT: | TOPPING: |
|-------------------------------|-------------------------------------|
| 3 ozs. copha | 2 eggs |
| vanilla | $\frac{3}{4}$ cup brown sugar |
| $\frac{1}{2}$ cup brown sugar | $\frac{1}{2}$ cup S.R. flour |
| 1 cup S.R. flour | vanilla |
| $\frac{1}{4}$ teaspn. salt | $\frac{3}{4}$ cup walnuts |
| | $\frac{1}{2}$ cup shredded cocoanut |
- PLACE.....sugar, half of flour, salt, vanilla and melted copha into small bowl.
- BEAT.....on speed 2 for 3 mins.
- ADD.....remaining $\frac{1}{2}$ cup flour and mix through.
- PRESS.....into greased Swiss Roll tin.
- PLACE.....into a mod. hot oven and bake for 10 mins.
- Meantime beat eggs, brown sugar, vanilla and flour for topping until light and creamy—speed 8.
- FOLD.....in walnuts.
- SPREAD.....over partly cooked biscuit mixture and sprinkle with cocoanut.
- BAKE.....25-35 mins.—cut into fingers and return to oven for 5 mins.
- REMOVE.....from tray when cold.

Cakes...



It is easy to be a successful cake maker with a Sunbeam Mixmaster. Fresh Home Made cakes are a delight to serve and can be used to add variety to desserts, using fruit, custard, jam, sauce or whipped cream as a garnish.

Everyone agrees that home made cakes are more popular, more flavoursome, more economical and of far greater food value. From a reliable foundation mixture many interesting variations can be made. With a Sunbeam Blender Attachment, nuts, fruits, etc., can be *more quickly* prepared.

General rules for cake-making:—

1. Have all ingredients at room temperature. Heat may be applied in cold weather.
2. Carefully measure all ingredients.
3. Use level cups unless otherwise stated.
4. Remember, 1 spoonful is a rounded spoonful.
5. **Grease** tins thoroughly by rubbing equal portions of flour and shortening onto the tin with the fingers, to avoid forcing a cake out of a tin which will spoil the texture and appearance.
6. **Use** a rubber spatula to keep mixture from the sides of the bowl.
7. Warm ovenproof bowls in cold weather.

SPONGE CAKES—can be quickly and successfully prepared with a Sunbeam Mixmaster. *To make a good sponge, remember:—*

1. Very fresh new-laid eggs or those direct from a refrigerator will not aerate successfully.
2. Beat egg whites thickly NOT STIFF OR DRY on speed 8.
3. Add sugar gradually and beat until dissolved then mix yolks evenly through.
4. Alternately mix yolks through—add sugar gradually and beat until dissolved.
5. When your Mixmaster is new fold in the flour and liquid by hand to avoid over-beating—use a wire whisk or metal spoon. Perfect your sponge by making them lightly this way then try adding flour on speed 1 too—remember lightly mix. **DO NOT OVERBEAT.**
6. Bake at the correct temperature, as cooking too quickly or too long causes a sponge to shrink.

SPONGE ROLL

Mixing time: 5 to 7 minutes

3 eggs 1 cup self raising
½ cup sugar flour
 3 tblsp. hot milk

BEAT.....egg whites until thick, on speed 8.
POUR.....sugar gently in. Beat until thick and sugar dissolves.
ADD.....egg yolks and mix evenly through.
FOLD.....in sifted flour and then milk, using a metal spoon or whisk or on speed 1.
POUR.....into a greased Swiss roll tin.
BAKE.....in a moderate oven 10-12 minutes.
TURN.....onto a sugared paper, trim edges and roll.
COOL.....and fill with raspberry jam.

GINGER FLUFF

Mixing time: 6 to 8 minutes

4 eggs 2 dsp. flour
¾ cup sugar ½ teasp. cream of
1 dsp. golden syrup tartar
½ cup arrowroot ¼ teasp. bi-carb.
1 teasp. each gin- soda OR
ger, cinnamon 1 teasp. baking
and cocoa powder

SEPARATE...eggs and beat whites until thick on speed 8.
ADD.....yolks and beat through.
ADD.....sugar and golden syrup and beat until thick and creamy.
FOLD.....in sifted arrowroot and spices.
LASTLY.....add sifted flour, soda and cream of tartar on speed 1.
POUR.....into greased 8 inch sandwich tins.
BAKE.....in moderate oven 20-25 minutes.
COOL.....and fill with whipped cream.

RASPBERRY SPONGE FINGERS

Mixing time: 5 to 7 minutes

3 eggs 4 oz. self raising
4 oz. castor sugar flour

BEAT.....whites stiffly on speed 8.
ADD.....sugar gradually and continue to beat until quite dissolved.
ADD.....egg yolks and mix evenly through.
FOLD.....in flour.
POUR.....into greased finger tins.
BAKE.....in a moderate oven 7-10 minutes.
WHEN.....cold join together with raspberry cream made from mock cream No. 1 with 2 tblsp. raspberry jam added.

SPONGE SANDWICH

Mixing time: 5 to 7 minutes

3 eggs 3 tblsp. milk
¾ cup sugar 1 tblsp. butter
4 oz. self raising pinch salt
flour
1 level tablespoon
arrowroot or
cornflour

BEAT.....egg whites and salt until stiff, but not dry, on speed 8.
ADD.....egg yolks and mix evenly through.
POUR.....sugar gently into beating mixture.
BEAT.....until thick and creamy.
FOLD.....in sifted flour and arrowroot on speed 1.
LASTLY.....add heated milk and melted butter.
POUR.....into greased 7 in. or 8 in. sandwich tins.
BAKE.....in a moderate oven 20-25 minutes.
COOL.....and fill with your favourite frosting.

GOLDEN SUNBEAM ROLL

Mixing time: 5 to 7 minutes

(For using up egg yolks)

6 egg yolks ½ cup boiling water
1 cup castor sugar 1½ cup self raising
flour

BEAT.....egg yolks lightly on speed 5.
ADD.....sugar gradually and beat until dissolved, then add water gradually.
FOLD.....in sifted flour, with spoon or whisk or on speed 1.
POUR.....into greased Swiss roll tin.
BAKE.....in a moderate oven for 12-15 minutes.
TURN.....onto a sugared paper and cut off edges.
ROLL.....and allow to cool.
FILL.....with apricot jam.

MERINGUES

Makes approx. 24

Mixing time: 5 to 7 minutes

3 egg whites pinch salt
6 oz. castor sugar 1 teasp. vinegar

BEAT.....egg whites and salt stiffly on speed 8.
ADD.....sugar gradually and continue beating until quite dissolved, add vinegar.
PUT.....mixture onto a greaseproof papered slide with a dsp.
BAKE.....in a slow oven until set (about 1½ hrs.).

BUTTER CAKES—are those prepared by creaming shortening and sugar. The term is also applied to some mixtures where shortening is melted or mixed with the flour.

When creaming butter and sugar:—

1. Have shortening very soft (never oiled) and beat until soft before adding sugar—use speeds 1 and 5 for this. Add essence to shortening now—it penetrates better.
2. Add sugar to shortening and beat on speed 8—until light in colour.
3. No need to pre-beat eggs—drop in whole, one at a time, remember cold eggs help curdle mixture.
4. Use speed 1 for adding fruit, nuts, flour and liquid.
5. Divide liquid and flour in 2 or 3 portions and add alternately—mix only long enough to evenly mix—don't overbeat.

Use the large bowl for $\frac{1}{2}$ lb. Christmas Cakes and puddings, page 35 and 41.

For a larger Christmas Cake (1 to $1\frac{1}{2}$ lbs.)—use the large bowl, until all the eggs are added. Remembering the portability of your Mixmaster motor, use it for the adding of the fruit and flour.

FOUNDATION BUTTER CAKE

Mixing time: 5 to 7 minutes

4 oz. shortening	2 cups self raising
$\frac{1}{2}$ cup castor sugar	flour
2 eggs	6 tblsp. milk or water

BEAT.....shortening in a large mixing bowl on speed 5 until very soft. Increase speed to 8, add sugar and continue beating until light and creamy.

ADD.....the eggs, one at a time, beating well between each addition.

MIX.....in sifted flour and liquid alternately, using speed 1.

PLACE.....in prepared 4 inch x $7\frac{1}{2}$ inch tin.

BAKE.....in a moderately hot oven for 30-35 minutes.

COOL.....and ice with warm icing.

ANY.....one of the following may be added to the above mixture:

2 oz. chopped nuts
3 oz. dried or crystallised fruit
1 tblsp. cocoa or 1 oz. chocolate and 1 extra tblsp. milk.
2 tblsp. cocoanut

BURNT SUGAR CAKE

Mixing time: 6 to 8 minutes

4 oz. shortening	$2\frac{1}{2}$ cups self raising
$1\frac{1}{4}$ cups sugar	flour
3 tblsp. burnt sugar	1 cup water
2 eggs	1 teasp. vanilla

BREAK.....up shortening on speed 1, and beat on speed 5 until soft, add vanilla.

ADD.....sugar and beat until creamy on speed 8.

BEAT.....in eggs, one at a time—then add burnt sugar.

REDUCE.....to speed 1, alternately add sifted flour and water.

POUR.....into greased 8 inch layer cake pans.

BAKE.....in moderate hot oven 30-35 minutes.

COOL.....join together and frost with boiled Mixmaster frosting. Page 38. Use 3 tblsp. burnt sugar instead of 3 tblsp. water.

BURNT SUGAR

$\frac{1}{2}$ cup crystal sugar $\frac{1}{2}$ cup boiling water

PLACE.....sugar into a heavy saucepan.

HEAT.....over a low heat until dark brown.

REMOVE.....from heat and carefully add boiling water.

STIR.....over heat until dissolved.

REMEMBER the darker the sugar the better the colour.

RICH PLAIN CAKE

Mixing time: 8 to 9 minutes

8 oz. shortening	1 teaspoon baking
8 oz. plain flour	powder
4 eggs	flavouring
8 oz. castor sugar	

CREAM.....shortening and flavouring on speed 1.

BEAT.....on speed 8 until very light.

ADD.....flour on speed 1. Keep 1 tblsp.

BEAT.....eggs and sugar on speed 8 until light.

ADD.....slowly to shortening and flour mixture on speed 1.

LASTLY.....fold in the 1 tblsp. of flour and the baking powder.

BAKE.....in a 7 inch square cake tin in a moderately hot oven 45-55 minutes.

ECONOMICAL RAISIN CAKE

Mixing time: 5 to 7 minutes

- | | |
|------------------------------|---|
| $\frac{1}{2}$ cup shortening | 1 teaspn. vanilla |
| 2 cups brown sugar | $\frac{1}{2}$ teaspn. essence of lemon |
| 3 eggs | $\frac{1}{4}$ teaspn. essence of almond |
| 2 cups raisins | |
| 4 cups S.R. flour | |
| $\frac{1}{2}$ cups milk | |

- BREAK.....up shortening on speed 1 and beat on speed 5 until soft.
- ADD.....essences and sugar and cream on speed 8.
- BEAT.....in eggs one at a time.
- REDUCE.....to speed 1, add raisins and then flour and milk alternately.
- PLACE.....mixture into greased 8" tin or a baking dish.
- BAKE.....in moderate-hot oven $1\frac{1}{2}$ hours.

APPLE CAKES

Mixing time: 4 to 7 minutes

- | | |
|-------------------------------|----------------------|
| 3 ozs. shortening | 1 teaspn. lemon rind |
| 4 ozs. sugar | |
| 1 egg | apple slices |
| $\frac{1}{2}$ cups S.R. flour | 1 teaspn. cinnamon |
| 3 tblspns. milk | 1 tblsp. sugar |

- BREAK.....up shortening on speed 1, add lemon rind, add sugar and beat on speed 5 until mixed.
- CREAM.....well on speed 8.
- BEAT.....in whole egg.
- REDUCE.....to speed 1, add flour and milk alternately.
- PLACE.....in greased patty tins.
- DECORATE top with apple slices and sprinkle with sugar and cinnamon.
- BAKE.....in a mod. hot oven 15-20 mins.

CONA CAKE

Mixing time: 5 to 7 minutes

- | | |
|-------------------------|-------------------------------|
| 4 ozs. shortening | 3 tblspns. cocoanut |
| $\frac{1}{2}$ cup sugar | $\frac{1}{2}$ cups S.R. flour |
| 2 eggs | vanilla |
| $\frac{1}{2}$ cup milk | cochineal |

- BREAK.....up shortening and vanilla on speed 1.
- BEAT.....on speed 5 until soft, add sugar and cream on speed 8.
- BEAT.....in eggs one at a time.
- REDUCE.....to speed 1 add cocoanut and colouring, then flour and milk alternately.
- PLACE.....in greased loaf tin.
- BAKE.....in mod. hot oven 30-40 minutes.
- COOL.....and ice with pink cocoanut frosting.

SMALL CAKES

Mixing time: 4 to 6 minutes

- | | |
|---------------------|-----------------|
| 4 ozs. shortening | 2 eggs |
| 5 ozs. castor sugar | 4 tblspns. milk |
| 6 ozs. S.R. flour | vanilla |

- BREAK.....up shortening on speed 1, add vanilla.
- BEAT.....until soft on speed 5.
- ADD.....sugar and cream on speed 8.
- BEAT.....in whole eggs, one at a time.
- REDUCE.....to speed 1, add flour and liquid alternately.
- PLACE.....into greased patty tins.
- BAKE.....in mod. hot oven 10-15 mins.
- ICE.....as desired.

Dip in thin chocolate icing—roll in cocoanut.

Dip in raspberry jam—roll in cocoanut.

Remove tops, fill with vanilla custard, replace pared tops and cover cake with chocolate icing.

Split cake, place spoonful each whipped cream and thick stewed apple inside—replace top and sprinkle with icing sugar.

CANDY FRUIT RING

Mixing time: 5 to 7 minutes

TOPPING:

MIXTURE

- | | |
|----------------------------------|--------------------------------|
| Pieces of crystallized pineapple | 4 ozs. shortening |
| 6 glace cherries | $\frac{1}{2}$ cup sugar |
| $\frac{1}{4}$ cup currants | $\frac{1}{2}$ cups plain flour |
| $\frac{1}{2}$ cup brown sugar | 1 teaspn. baking powder |
| 2 tblspns. shortening—melted | 2 eggs |
| | 3 tblspns. water |
| | vanilla |

- LINE.....the bottom of the tin with greaseproof paper and grease the tin.
- DECORATE the bottom of the tin with a pattern of pineapple and cherry.
- SPRINKLE...with sugar currants and melted shortening.
- BREAK.....up shortening on speed 1, add vanilla and beat until soft on speed 5.
- ADD.....sugar and cream on speed 8.
- BEAT.....eggs through one at a time.
- REDUCE.....to speed 1, add flour and water alternately.
- POUR.....into prepared tin.
- BAKE.....in a mod. hot oven 35-45 mins.

RAISIN NUT SQUARE

Mixing time: 6 to 8 minutes

1 cup raisins	1½ cups self raising
1 cup boiling water	flour
4 oz. shortening	½ teasp. each cin-
¾ cup sugar	namon, spice,
1 egg	nutmeg
½ teasp. bi-carb.	½ cup nuts
soda	

PLACE.....raisins and water into a saucepan and simmer for 10 minutes.

POUR.....off water and measure ¾ cup for cake—add extra water if necessary—allow to cool.

BREAK.....up shortening on speed 1.

BEAT.....on speed 5 until soft.

ADD.....sugar and beat until creamy.

BEAT.....in whole egg.

ADD.....soda to raisin water and sift dry ingredients.

REDUCE.....to speed 1. Add flour and liquid alternatively.

MIX.....in nuts and raisins.

POUR.....into greased 7½ inch square tin.

BAKE.....in moderate oven 45 minutes to 1 hour.

COOL.....and ice with lemon icing.

SUNBEAM FESTIVE CAKE

Mixing time: about 10 minutes

½ lb. shortening	2 oz. almonds
½ lb. brown sugar	2 oz. pres. ginger
5 eggs	4 oz. currants
12 oz. plain flour	2 oz. dates
1 dsp. parisian essence	2 oz. mixed peel
	2 oz. cherries
½ lb. raisins	3 tblsp. rum or
½ lb. sultanas	sherry
2 oz. pres. figs	

PREPARE.....fruit, chop dates, figs, almonds, cherries and ginger.

SPRINKLE.....with spirit and allow to soak overnight.

SOFTEN.....shortening on speed 1, add sugar.

CREAM.....on speed 8.

ADD.....eggs one at a time, beating evenly through, add essence.

MIX.....flour and fruit alternately in, using speed 1.

PUT.....into papered 8 inch round or 7 inch square tin.

BAKE.....in a very moderate oven for 2½-3 hours.

LEMON GINGER BREAD

Mixing time: about 4 minutes

2½ cups plain flour	½ teasp. bi-carb.
4 oz. shortening	soda
4 tblsp. treacle or	1 lb. brown sugar
golden syrup	¾ cup milk
1 egg	¼ teasp. cinnamon
1 dsp. ground	2 oz. chopped
ginger	lemon peel
¼ teasp. mixed	
spice	

BEAT.....shortening until soft—speed 1.

SIFT.....in flour, spices and carb soda and beat till crumbled.

ADD.....sugar and peel.

BEAT.....egg, add treacle and milk.

MIX.....with dry ingredients and beat on speed 2 for 1 minute.

POUR.....into 6 inch x 8 inch cake pan.

BAKE.....in a moderate oven for 25-30 minutes.

COOL.....and ice with lemon icing.

ORANGE SAND CAKE

Mixing time: 6 to 8 minutes

4 ozs. shortening	2 cups self raising
1 cup sugar	flour
1 teasp. orange rind	2 tblsp. custard
2 eggs	powder
	6 tblsp. milk

BREAK.....up shortening on speed 1, and beat on speed 5 until soft with orange rind.

ADD.....sugar and beat until creamy on speed 8.

ADD.....eggs, one at a time and beat through.

ADD.....sifted dry ingredients, alternately with milk.

POUR.....into greased 8 inch ring tin.

BAKE.....in a mod. oven 25-35 min.

ICE.....with citrus frosting when cool.

CREAM OR CUSTARD PUFFS

Mixing time: about 5 minutes.

2 oz. shortening	4 oz. plain flour
½ pt. water	3 large eggs

BOIL.....shortening and water.

STIR.....in flour and return to heat.

COOK.....until dough leaves the sides of the saucepan.

ALLOW.....to cool and beat on speed 1.

ADD.....eggs one at a time and mix evenly through.

DROP.....onto a greased slide.

BAKE.....in a hot oven 30-45 minutes.

COOL.....and fill and sprinkle with icing sugar.

N.B. — This mixture has a tendency to climb the beaters and needs continuous watching.

RAINBOW CAKE

Mixing time: 8 to 10 minutes

$\frac{1}{2}$ lb. shortening	cochineal, vanilla
1 cup sugar	1 tblsp. cocoa
3 eggs	icing, jam
4 tblsp. milk	1 tblsp. hot water
3 cups self raising flour	

BREAK.....up shortening with vanilla on speed 1.
BEAT.....on speed 5 until soft.
ADD.....sugar and beat until creamy on speed 8.
BEAT.....in eggs, one at a time.
REDUCE.....to speed 1, alternately add flour and milk.
DIVIDE.....mixture into 3—add cochineal to one portion
BLEND.....cocoa with hot water and add to another portion.
PLACE.....mixtures into three 7 or 8 inch greased sandwich tins.
BAKE.....in moderate hot oven 20 minutes.
TURN.....in a cooler.
COOL.....join together with jam and ice with warm icing.

EGGLESS SPICE CAKE

Mixing time: 6 to 8 minutes

2 oz. shortening	$\frac{1}{4}$ teasp. nutmeg
3 dsp. sugar	$\frac{1}{4}$ teasp. bi-carb.
1 level tblsp. golden syrup	soda
$\frac{1}{2}$ teasp. each cinnamon, mixed spice	$1\frac{1}{3}$ cups self raising flour
	$\frac{3}{4}$ cup milk
	vanilla

BREAK.....up shortening on speed 1.
ADD.....essence and beat until soft on speed 5.
MIX.....in sugar and beat until creamy on speed 8.
ADD.....golden syrup and a tablespoon of the milk.
REDUCE.....to speed 1, alternately folding in sifted flour, soda and spices, and remainder of milk.
POUR.....into greased 7 inch ring tin.
BAKE.....in a moderately hot oven 20-25 minutes.
COOL.....and ice with lemon icing.

QUICK WHIP CAKES—There are times when this type of cake recipe is an advantage. The following recipes are made by quick whip methods. You will find that cakes mixed this way are inclined to be more moist in texture than those prepared by standard beating. One of the most important points to note is to have the shortening very soft, about the consistency of thick cream. It will be found necessary to use a rubber spatula to keep mixture from beaters and sides of bowl whilst beating.

LEMON DELIGHT

Mixing time: 4 minutes

4 oz. Copha	1 teasp. salt
1 cup sugar	grated rind 1 lemon
$2\frac{1}{2}$ cups self raising flour	2 eggs
	8 tblsp. milk

MELT.....Copha and add lemon rind—do not have hot—test with fingertip.
PLACE.....half of the flour and the salt in the large bowl—add sugar, eggs, copha and milk.
BEAT.....on speed 2 for 3 minutes.
ADD.....remainder of flour and beat 1 minute longer.
POUR.....into greased 7 or 8 inch sandwich tins.
BAKE.....in mod. oven 30-35 minutes.
COOL.....join together and ice with lemon icing.

ECONOMICAL GINGER CAKE

Mixing time: about 3 minutes

$1\frac{1}{2}$ cups self raising flour	1 egg
1 teasp. ground ginger	$\frac{1}{2}$ cup golden syrup
1 teasp. cinnamon	$\frac{1}{2}$ cup milk
2 oz. shortening	$\frac{1}{4}$ cup boiling water
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teasp. bi-carb. soda
	pinch salt

SIFT.....flour, cinnamon, salt and ginger into large bowl.
ADD.....shortening (very soft), sugar, syrup, egg and milk.
BEAT.....on speed 2 for 2 minutes.
SCRAPE.....beaters, add soda dissolved in water.
MIX.....evenly through.
POUR.....into 7" layer cake pans.
BAKE.....in a moderately hot oven for 20-25 minutes.
JOIN.....and ice with citrus frosting (Page 39). Use all lemon juice and rind.

JELLIED BANANA CAKE

Mixing time: 3 minutes

1 cup mashed bananas (3 or 4)	4 oz. shortening
2½ cups self raising flour	2 eggs
¼ teas. bi-carb. soda	1 teas. vanilla
1 cup sugar	6 tblsp. water cream
	lemon jelly almost setting
	lemon juice

MASH.....bananas on speed 1 in Sun-
beam Blender or small
bowl. Measure one cup.

SIFT.....flour and bi-carb. soda into
bowl.

ADD.....sugar, very soft shortening,
banana, eggs, vanilla and
water.

BEAT.....on speed 2 for 3 minutes.

PLACE.....½ of mixture into a recess
tin, the remainder into a
similar sized layer pan.

BAKE.....in a moderately hot oven
25-30 minutes.

COOL.....join together with cream.

SLICE.....banana and dip into lemon
juice.

ARRANGE.....in recess of cake.

SPOON.....setting lemon jelly over
bananas.

PLACE.....cake into refrigerator to set
jelly.

DECORATE.....with cream and cherries.

ORANGE LAYER CAKE

Mixing time: 3 minutes

3 cups self raising flour	1 cup and 3 dsp. of sour milk (add
2 eggs	2 teas. vine- gar if fresh).
1½ cups castor sugar	2 teas. grated orange rind
¾ cup shortening	

SIFT.....flour into large bowl, add
sugar, very soft shortening,
orange rind and cup of
milk.

BEAT.....on speed 2 for two minutes.

SCRAPE.....beaters, add whole eggs and
3 dessertspoons milk and
beat for one minute on
speed 2.

POUR.....into greased 8in. layer cake
pans (deep) and bake in a
moderate oven 30-35
minutes.

COOL.....fill with orange filling or
fresh whipped cream, and
ice as desired.

N.B.—Cophia may be used as shortening
in this recipe—5 ozs. Cophia and 1 level
teaspoon salt.

CHOCOLATE LAYER CAKE

Mixing time: 3 minutes

2 cups self raising flour	1 cup brown sugar
2 tblsp. cocoa	1 egg
1 teas. bi-carb. soda	½ cup shortening
1 cup castor sugar	vanilla
	1 cup milk

SIFT.....dry ingredients into large
bowl.

ADD.....sugars, very soft butter,
vanilla and milk.

BEAT.....on speed 2 for two min-
utes.

SCRAPE.....beaters—add egg and beat
one minute on speed 2.

POUR.....into two 8" layer pans.

BAKE.....in a moderate oven for 25-
35 minutes.

COOL.....and fill with your favourite
frosting.

CARAMEL WALNUT CAKE

Mixing time: 2½ minutes

2 cups self raising flour	½ cup milk
¾ cup brown sugar	1 teas. vanilla
4 oz. shortening	½ cup crushed walnuts
2 eggs	

SIFT.....flour into large bowl.

ADD.....sugar, very soft shortening,
eggs, milk and essence.

BEAT.....on speed 2 for 2 minutes.

CHOP.....walnuts on Blender Attach-
ment and add to mixture.

POUR.....into greased 10 x 5 loaf
pan.

BAKE.....in a mod. oven 35-45 min.

COOL.....and ice with caramel icing.
Page 39.

SPICED LEMON BUN

Mixing time: 3 minutes

1½ cups self raising flour	½ teas. cinnamon
1 cup sugar	¼ teas. nutmeg
4 oz. very soft shortening	¼ teas. mace
¾ cup milk	½ teas. mixed spice
2 eggs	2 tblsp. chopped lemon peel
	vanilla

PLACE.....sifted flour and spices into
large bowl.

ADD.....sugar, shortening, milk, es-
sence and lemon peel.

BEAT.....on speed 2 for 2 minutes.

ADD.....eggs and beat 1 minute
longer.

POUR.....into 5 inch x 8 inch loaf
pan.

BAKE.....in a moderate hot oven 25-
35 minutes.

COOL.....and ice with lemon icing.

Icings...



The success of any particular cake can be determined by the frostings or icings used, and an otherwise plain mixture can be turned into an attractive, flavoured favourite.

In choosing an icing consider:—

1. The colour of the cake and the decoration to be used—contrasts look most attractive.
2. Choose an acid covering for a sweeter type of cake.
3. Have the cake quite cold before filling or frosting unless a recipe states otherwise.
4. Whenever a pouring icing is used—avoid spreading, as the setting of the icing becomes uneven.
5. Attractive variations can be obtained by spreading a frosting unevenly or by scoring with a knife or fork.
6. Use crystal sugar for all cooked frostings.
7. Do not over decorate. Simple designs are often the most effective.

MILK ICING

$\frac{1}{2}$ lb. icing sugar 1 teasp. butter
2 tblsp. milk

BOIL.....milk and butter.

ADD.....sifted icing sugar gradually.

BEAT.....until thick on speed 4.

POUR.....over cake, using a warm knife for spreading if necessary.

SYRUP GLAZE

2 tblsp. crystal sugar 2 tblsp. water

BOIL.....sugar and water until sugar is dissolved.

BRUSH.....onto hot food.

BOILED MIXMASTER FROSTING

Mixing time: about 15 minutes

1 cup sugar	1 egg white
3 tblsp. water	pinch salt
pinch cream of tartar	$\frac{1}{2}$ teasp. vanilla

PUT.....all ingredients except vanilla into a china bowl over boiling water.

DETACH.....Mixmaster Motor and beat over heat for 7 to 10 minutes on speed 9—the frosting should be a spreading consistency—add vanilla.

BEAT.....until cool and spread onto cake.

ROYAL ICING*To ice ½ lb. fruit cake*

Mixing time: about 7 minutes

3 egg whites 1 dsp. lemon juice
 1½ lb. sifted PURE 1 dsp. glucose
 icing sugar

BEAT.....egg whites stiffly on speed 8.
 ADD.....icing sugar gradually on speed 1.
 MIX.....glucose evenly through.
 BEAT.....on speed 6 until thick.
 ADD.....lemon juice.

N.B.—If the icing is not being used immediately, cover with a wet cloth.

CARAMEL FROSTING

1 cup brown sugar 1 tblsp. butter
 2 tblsp. milk vanilla

PLACE.....sugar, milk and butter into a saucepan.
 STIR.....until boiling and boil for 3 minutes.
 COOL.....slightly—add vanilla and pour into small Mixmaster bowl.
 BEAT.....on speed 9 until thickened.
 POUR.....onto Cake.

MOCK CREAM No. 1

Mixing time: 4 minutes

2 dsp. shortening vanilla
 4 tblsp. icing sugar

BEAT.....shortening on speed 1 until soft.
 ADD.....icing sugar.
 BEAT.....on speed 8 until light and creamy.
 REMOVE.....bowl from machine.
 WASH.....cream under a cold water tap—pour off water.
 ADD.....vanilla and beat well before using.

MOCK CREAM No. 2

Mixing time: about 5 minutes

1 cup milk 1 tblsp. castor sugar
 1 dsp. cornflour vanilla
 1 dsp. shortening

BOIL.....milk, add blended cornflour and cook for several minutes.
 BEAT.....shortening on speed 1 until soft, add sugar and increase to speed 8.
 ADD.....cooled cornflour mixture gradually, beat well and add vanilla.

MOCK CREAM No. 3

Mixing time: about 5 minutes

1 tblsp. shortening 2 tblsp. cold milk
 1 tblsp. sugar vanilla
 1 tblsp. boiling water

BREAK.....up shortening on speed 1.
 ADD.....sugar and beat until light in colour on speed 8.
 GRADUALLY add boiling water, then milk.
 FLAVOUR.....with vanilla.

CITRUS FROSTING

Mixing time: about 4 minutes

1 dsp. shortening 1 teasp. grated
 1 teasp. grated lemon rind
 orange rind 1 cup icing sugar
 orange juice

BEAT.....shortening and rinds on speed 1 until soft.
 ADD.....icing sugar gradually.
 MIX.....in sufficient orange juice to make into a spreading consistency.
 BEAT.....on speed 8 until creamy.

MARSHMALLOW TOPPING

Mixing time: 7 to 10 minutes

1 cup crystal sugar 1 cup water
 1 tblsp. gelatine

PLACE.....all ingredients in a saucepan.
 BOIL.....for 5 minutes and allow to cool slightly.
 BEAT.....until thick on speed 5.
 COLOUR.....and flavour as required.

ALMOND PASTE*To cover ½ lb. fruit cake*

1 lb. icing sugar 6 oz. ground almond
 1 tblsp. lemon juice or marzipan
 2 tblsp. sherry 2 egg yolks

SIFT.....the icing sugar.
 ADD.....almonds and mix to a dry dough with sherry and lemon juice and egg yolks.
 TURN.....onto a board sprinkled with icing sugar.
 USE.....one-third for the top of the cake and remainder for the sides.
 ROLL.....out to fit cake which has been brushed with lightly-beaten egg white.
 PLACE.....paste onto cake and mould on with hands.
 ALLOW.....to stand two or three days before covering with royal icing.

Note.—Almond Meal can be prepared on a Sunbeam Blender Attachment.

Desserts...



Home made ice cream is fast becoming a great favourite in the Australian home. Mix-master enables you to make lighter, creamier ice cream at very little cost. To ensure best results:—

1. Beat the mixture well before the first freeze.
2. Freeze one inch from the sides of the tray. Do not over freeze.
3. Place mixture into chilled small bowl $\frac{1}{2}$ pt. at a time.
4. Break up on a low speed, and beat on speed 5 only until mixture rises well. Over beating will cause cream to ice.
5. Freeze as quickly as possible after second beating—use coldest point on refrigerator control.

It has been found that better results are obtained if *small bowl* is used to beat each tray separately rather than expose the whole mixture to atmosphere, as the maintenance of the low temperature is an important factor in obtaining the best results.

VANILLA ICE CREAM *Makes 2 Trays*

Mixing time: 2 to 4 minutes per tray

1 pt. milk	1 teasp. gelatine
1 teasp. vinegar	1 tblsp. water
3 tblsp. powdered milk	vanilla
2 tblsp. sweetened condensed milk	extra sugar if desired

BEAT.....milk and powdered milk and bring to the boil.
 ADD.....condensed milk, vinegar and gelatine dissolved in water.
 COOL.....and beat on speed 5 until frothy.
 CHILL.....until frozen one inch from the sides of trays.
 TURN.....half of mix into chilled small bowl.
 ADD.....vanilla and beat on speed 6 until light.
 FREEZE.....for two to three hours.

VELVET ICE CREAM

Mixing time: 4 to 6 minutes per tray

$\frac{3}{4}$ pint milk	unsweetened milk,
1 pkt. Mellah	OR
dessert	3 tblsp. milk
1 tblsp. sugar or to taste	powder, OR
1 cup whipped cream, OR	a tin reduced cream

PREPARE.....dessert as directed on the packet.
 ADD.....extra sugar and cream or milk.
 COOL.....and pour into refrigerator tray.
 CHILL.....until set one inch from the sides.
 PLACE.....half of mixture into chilled small bowl.
 BREAK.....up on speed 1 and beat on speed 6 until it reaches the top of the bowl.
 RETURN.....to refrigerator to freeze.

COUNTRY STYLE ICE CREAM 2 Trays

$\frac{1}{2}$ pt. junket $\frac{1}{2}$ cup castor sugar
 $\frac{1}{2}$ pt. cream vanilla

MAKE.....junket and set in refrigerator trays.

CHILL.....one inch from the sides of trays.

BREAK.....up and beat 1 tray of mixture in small bowl until smooth.

BEAT.....cream and sugar until thick, on speed 6.

ADD.....gradually to beating frozen mixture. Flavour.

FREEZE.....2 to 3 hours.

CHOCOLATE FUDGE PUDDING

Serves 4

Mixing time: 2 to 3 minutes

1 cup self raising flour 2 tblsp. melted Cofpa
 $\frac{1}{2}$ level teasp. salt $\frac{1}{2}$ cup nuts, raisins or dates
 1 tblsp. cocoa vanilla
 $\frac{3}{4}$ cup sugar
 $\frac{1}{2}$ cup milk

TOPPING:

$\frac{3}{4}$ cup brown sugar $1\frac{1}{4}$ cups hot water
 1 tblsp. cocoa

SIFT.....flour, salt and cocoa into large bowl, add sugar.

MIX.....melted shortening, milk and vanilla.

ADD.....to dry ingredients and beat on speed 2 until smooth 2-3 minutes.

ADD.....fruit or nuts.

POUR.....into greased ovenproof quart size dish.

MIX.....brown sugar and cocoa together.

SPRINKLE.....onto mixture.

POUR.....over hot water.

BAKE.....in a moderate oven 50-55 minutes.

PANCAKES OSCAR

1 quantity pancake mixture 1 egg white
 brown sugar 1 tblsp. castor sugar
 lemon juice strawberries — fresh or stewed

MAKE.....pancake batter.

COOK.....as directed.

TURN.....onto a plate, sprinkle with brown sugar and lemon juice.

PLACE.....second pancake on top of the first—and continue until all are cooked—do not sugar the last one.

PREPARE.....meringue from the egg white and sugar.

SPREAD.....over the pancake pile.

PLACE.....under griller to brown.

SERVE.....with strawberries which have been sprinkled with sugar or cooked.

NICE.....with ice cream.

PAVLOVA

Mixing time: about 10 minutes

6 egg whites $\frac{1}{4}$ teasp. salt
 6 tblsp. castor sugar 2 teasp. vinegar

BEAT.....4 egg whites with salt stiffly in large bowl on speed 8.

ADD.....4 tblsp. of sugar gradually, and continue to beat until sugar is completely dissolved.

ADD.....two-thirds of the vinegar gradually.

PLACE.....mixture into a meringue bag, complete with meringue pipe.

PIPE.....onto a flat tin covered with greaseproof paper, to the sizes required. (This may be marked on the underside of the paper in pencil.)

MAKE.....one row of roses to form a wall.

FORM.....other roses to make a lid.

BAKE.....in a cool oven for one hour.

PREPARE.....remainder of meringue, and pipe with rose pipe on base.

RETURN.....to oven, and bake approximately two hours, until quite firm on top and slightly soft underneath.

FILL.....with fruit salad and cream.

PLACE.....lid on before serving.

XMAS PUDDING

Mixing time: about 10 minutes

$\frac{1}{2}$ lb. shortening 2 oz. cherries
 $\frac{1}{2}$ lb. brown sugar 3 tblsp. rum or sherry
 5 eggs
 $\frac{1}{2}$ lb. sultanas 6 oz. plain flour
 $\frac{1}{2}$ lb. currants 1 teasp. mixed spice
 2 oz. pres. figs $\frac{1}{2}$ teasp. bi-carb.
 2 oz. almonds soda
 $\frac{1}{2}$ lb. raisins 6 oz. soft bread crumbs
 2 oz. dates

BEAT.....shortening on speed 1 until soft.

ADD.....sugar and cream on speed 5.

ADD.....eggs, one at a time, and beat evenly through.

ADD.....prepared fruits and spirit alternately with sifted flour, spice, soda and bread crumbs.

PLACE.....mixture into cloth dipped in boiling water.

TIE.....securely.

BOIL.....for 4 hours and for two hours on the day of reheating.

SERVE.....with hard or brandy sauce.

N.B.—This pudding is best if made 7-14 days before required for use—no longer.

Mixing time: 4 to 5 minutes

2 tblsp. shortening	½ cup cornflour
2 tblsp. sugar	vanilla
2 egg yolks	peach slices
½ cup walnuts	whipped cream
1½ cups self raising flour	walnut halves

BREAK.....up shortening on speed 1.
ADD.....vanilla and beat on speed 5 until soft.
ADD.....sugar and cream well on speed 8.
BEAT.....egg yolks evenly through.
CHOP.....nuts on Sunbeam Blender Attachment and add to mixture.
ADD.....sifted flour and cornflour, on speed 1.
PLACE.....in greased 8" sandwich tin.
BAKE.....in a moderately hot oven for 30 to 40 minutes.
WHEN.....cool, split in halves.
FILL.....with drained peaches, and whipped cream, custard or ice cream.
DECORATE.....top with cream, peaches and walnut halves.

Mixing time: about 4 minutes

2 oz. shortening	vanilla
$\frac{3}{4}$ cup sugar	$1\frac{1}{4}$ cups self raising
2 egg yolks	flour
scant half cup milk	

2 egg whites strawberries—
2 tblsp. sugar whipped cream

BREAK.....up shortening on speed 1,
 add vanilla.

BEAT.....on speed 5 until soft.

ADD.....flour and mix on speed 1
 until crumbled.

ADD.....sugar, egg yolks and milk.

BEAT.....on speed 2 for 2 minutes.

POUR.....into greased 8 inch layer
 cake pan.

BEAT.....egg white stiffly on speed
 8.

ADD.....sugar gradually and beat
 until dissolved.

SPREAD.....onto cake mixture.

PLACE.....in a moderate oven 40-50
 minutes.

TEST.....with a skewer.

STAND.....on a cake cooler to cool.

TURN.....cake out onto cooler—
 covered with a clean cloth
 to prevent damage to
 meringue.

WHEN.....cold, whip cream with sugar
 and vanilla to taste.

SPLIT.....cake and fill and decorate
 with cream and strawber-
 ries.

USE.....ice cream instead of cream.

$\frac{1}{2}$ cups pineapple pulp $\frac{1}{4}$ cup sugar
 2 cups milk

PREPARE.....pineapple pulp on juice extractor.
ADD.....sugar, and beat well.
BLEND.....with milk.
POUR.....into trays and chill for about 1 hour.
TURN.....into chilled bowl.
BEAT.....on Speed 5 until fluffy, but do not allow to liquefy.
PILE.....into trays, chill until firm.
TURN.....refrigerator to just above normal, till ready to serve.

EGGLESS PLUM PUDDING

Serves 8

Mixing time: about 4 minutes

3 oz. shortening	½ teasp. bi-carb.
6 oz. self raising flour	soda
2 cups fine bread crumbs—	3 oz. brown sugar
2 cups mixed fruit	2 teasp. golden syrup
1 teasp. mixed spice	1 cup milk
	2 oz. mixed peel

firmly packed

PREPARE..... breadcrumbs on Sunbeam Blender Attachment.

BEAT..... shortening until soft in large bowl.

ADD..... flour and mix until crumbled.

MIX..... in breadcrumbs, spice, soda and sugar.

ADD..... syrup and milk and beat until smooth on speed 1, then add fruit.

POUR..... into greased basin or cloth and boil for 4 hours or cook in individual moulds (8) for 1 hour.

SERVE..... with custard sauce.

Mixing time: about 7 minutes

$\frac{1}{2}$ cup water	2 cups sugar
1 slightly rounded tblsp. gelatine	2 eggs
1 cup orange juice	1 cup cream
4 tblsp. lemon juice	$\frac{1}{2}$ cup milk

SOAK.....gelatine in water.

PREPARE.....fruit juice on extractor.

PLACE.....in a saucepan with egg
yolks and half the sugar.

STIR.....over a low heat until thick.

ADD.....soaked gelatine and stir un-
til dissolved.

WHEN.....cool add milk.

BEAT.....egg whites stiffly on speed
8, add sugar, fold into
cooled custard mixture.

WHIP.....cream on speed 6. Add to
custard.

POUR.....into wetted mould.

CHILL.....decorate with cream roses
and cherries.



Candies...

All types of candies can be prepared at home much more economically than those to be purchased at stores. A thermometer is an advantage, but reliable tests can be made by dropping a globule of cooking mixture into cold water.

1. Use crystal sugar for sweet making.
2. Bring syrups to the boil with the lid on.
3. Do not stir clear syrups or scrape the saucepan—this will cause the candying of mixtures.
4. Cool mixtures before beating—pour into heated bowls.

PEANUT CRUNCH

$\frac{1}{2}$ lb. shelled peanuts $\frac{1}{2}$ lb. castor sugar

PLACE.....sugar into a thick saucepan.
 STIR.....over a low heat until liquid and clear golden brown.
 PUT.....peanuts into a well greased tin.
 POUR.....syrup over nuts, and allow to cool.

GLAZED PRESERVED FRUITS

$\frac{1}{2}$ lb. preserved pineapple, figs
 nuts, cherries, etc.
 $\frac{1}{4}$ pt. water
 1 dsp. vinegar
 pinch cream of tartar

1 lb. crystal sugar

PLACE.....sugar, water, vinegar and cream of tartar into a saucepan.
 COVER.....and bring to the boil.
 REMOVE.....lid, and boil to 310°F., or until a small quantity forms a hard ball in cold water.
 PLACE.....cleaned dried fruits onto a skewer, dip into syrup and place on a marble slab to cool.
 WRAP.....in a cellophane or waxed paper.

FONDANT

For Date Creams, Etc.

1 lb. sugar pinch of cream of tartar
 $\frac{1}{2}$ cup water
 1 teasp. glucose

PLACE.....all ingredients into a saucepan.
 BRING.....to the boil and boil without the lid to 238°F. or soft ball.
 COOL.....and pour into a heated small bowl.
 BEAT.....on speed 5 until thick.
 USE.....a rubber spatula to keep mixture from the sides of the bowl.

RAISIN NUT FUDGE

2 cups crystal sugar 1 oz. butter
 $\frac{1}{2}$ cup milk $\frac{1}{2}$ cup raisins
 1 tblsp. cocoa 1 tblsp. chopped nuts
 vanilla or rum essence

BOIL.....sugar, milk and cocoa together to form a soft ball (240°F.).
 ADD.....butter, essence, raisins and nuts.
 BEAT.....on speed 5 until thick.
 POUR.....into a greased tin or onto a marble slab.
 CUT.....into cubes when set.

CREAMY CARAMELS

1 tin sweetened condensed milk	8 oz. brown sugar
$\frac{1}{4}$ lb. butter or margarine	2 tblsp. golden syrup
	vanilla

PLACE.....all ingredients into a saucepan over a low heat.
STIR.....until dark brown and leaving the sides of the saucepan, add flavouring.
POUR.....into a greased dish and mark into squares.
CUT.....and wrap when cold.

CREAMY COCOANUT ICE

2 cups crystal sugar	1 cup cocoanut
$\frac{1}{2}$ cup milk	cochineal
vanilla	

BRING.....sugar and milk to the boil in a saucepan with the lid on.
BOIL.....until syrup forms a soft ball or to 238°F.
COOL.....slightly. Pour over cocoanut, in heated bowl.
BEAT.....on speed 5 until creamy.
DIVIDE.....and colour half pink.
PRESS.....into a greased tin or onto a marble slab.
CUT.....into cubes when set.

PEPPERMINT CREAMS

A quantity of fondant	Oil of Peppermint
-----------------------	-------------------

PLACE.....prepared fondant into a basin over boiling water.
ADD.....oil of peppermint, and stir until a thick pouring consistency.
DROP.....in teaspoonfuls onto waxed paper, or a marble slab.
WRAP.....in cellophane or waxed paper when cold.

MARZIPAN

$\frac{1}{2}$ lb. sugar	1 teasp. glucose
pinch cream of tartar	1 egg white
3 tblsp. water	$\frac{1}{4}$ lb. ground almonds

PLACE.....sugar, water, glucose and cream of tartar into a saucepan.
BOIL.....to 240°F. or until a soft ball forms when dropped in cold water.
BEAT.....egg white stiffly on speed 8.
ADD.....to boiled syrup with almonds.
STIR.....over a low heat until mixture leaves the side of the saucepan.
TURN.....onto an icing sugared board.
MOULD.....and place into greased paper to set.
COLOUR.....with vegetable colourings.

MARSHMALLOWS

2 oz. gelatine	1 egg white
2 lb. sugar	pinch cream of tartar
$2\frac{1}{2}$ cups water	
flavouring and colouring	

SOAK.....gelatine in one cup water.
PUT.....remainder of water, sugar and cream of tartar into a saucepan.
BOIL.....with the lid on until sugar is dissolved.
REMOVE.....lid, add gelatine, boil for 20 minutes, cool.
BEAT.....egg whites stiffly on speed 8.
POUR.....mixture into a heated bowl.
ADD.....stiffly beaten egg white, flavouring and colouring.
BEAT.....on speed 8 until thick.
POUR.....into greased tin to set.
CUT.....and roll in toasted cocoanut or sifted icing sugar.

FRENCH JELLIES

$1\frac{1}{2}$ oz. gelatine	pinch cream of tartar
2 lbs. sugar	
1 pt. water	

SOAK.....gelatine in half of water.
PLACE.....sugar, cream of tartar and remainder of water in a saucepan.
BOIL.....until dissolved.
ADD.....soaked gelatine, and boil for 20 minutes.
POUR.....into wetted trays, and allow to set overnight.
CUT.....and roll in icing sugar or crystal sugar.

ALMOND PRALINES

3 cups brown sugar	1 tblsp. butter
1 cup milk	whole almonds
$\frac{1}{2}$ cup sherry	vanilla

PLACE.....sugar and milk into a saucepan.
HEAT.....with the lid on until sugar is dissolved.
REMOVE.....lid, boil 4 minutes, then add sherry.
BOIL.....rapidly to 240°F. or until mixture forms firm ball when dropped into cold water.
ADD.....butter, cool and beat on speed 8 until creamy.
ADD.....almonds—chop if desired.
DROP.....in spoonfuls onto waxed paper or greased marble slab.
IF.....to be kept, wrap in waxed or cellophane paper and store in airtight jars.

Preserves



Home made jam, sauce and chutney is always popular. Fruits and vegetables can be purchased at the height of the season at very little cost. Sunbeam Mincer and Blender Attachment are practical for use in the preparation of the vegetables and fruits, and the Cooker and Deep Fryer is excellent for the actual cooking. With automatic control, it can be set at the correct temperature—jams cook quicker without stirring.

TOMATO SAUCE

6 lb. tomatoes	$\frac{1}{2}$ pint best vinegar
1 lb. onions	2 tblsp. sugar
$\frac{1}{2}$ oz. garlic	$\frac{1}{2}$ oz. cloves
3 oz. salt	$\frac{1}{2}$ oz. ground ginger

CHOP.....tomatoes and onions roughly.

ADD.....ginger, salt, pepper to taste, and minced garlic and cloves tied in muslin.

BOIL.....gently for about 2 hours.

BEAT.....well until thoroughly pulped or use Sunbeam Blender.

STRAIN.....into saucepan, add vinegar and sugar. Simmer until thick.

BOTTLE.....and seal with paraffin wax.

PRESERVED PASSIONFRUIT

PULP.....passionfruit on juice extractor, then measure.

ALLOW.....1 cup sugar to 1 cup pulp and add sufficient salicylic acid to cover a threepenny piece.

BRING.....to the boil and simmer until sugar dissolves.

BOTTLE.....and seal.

LEMON BUTTER

6 eggs	6 lemons
$\frac{1}{4}$ lb. butter	1 lb. sugar

BEAT.....eggs on speed 8 until light and add sugar.

PLACE.....in a double saucepan with the butter and grated rind of 2 lemons.

REMOVE.....the juice from the lemons and add to eggs.

COOK.....over a low heat until thick.

BOTTLE.....and seal.

MELON & PINEAPPLE JAM

ALLOW:

$\frac{3}{4}$ lb. jam melon	$\frac{3}{4}$ lb. sugar
$\frac{1}{4}$ lb. pineapple	

CHOP.....melon on Sunbeam Mincer and place in a preserving pan.

COVER.....with water and boil with the lid on until tender.

PULP.....pineapple on juice extractor and add to boiling melon.

ALLOW.....to cook for five minutes.

ADD.....warmed sugar and stir until dissolved.

BOIL.....rapidly until thickened, about $\frac{3}{4}$ hour.

Beverages..



The Juice Extractor is always ready for immediate use on the Sunbeam Mixmaster. Simply set it on to prepare health giving fruit drinks for all the family. For special occasions, and for babies where only the purest juice is needed use a low speed. The higher the speed the greater the volume of juice, strained automatically and free from pith and seeds, so much quicker than hand squeezing, too.

Tomato juice, pineapple and paw paw pulp can be quickly and easily prepared.

CITRUS FRUITS

CUT.....fruit in halves.
PRESS.....firmly onto scraper until juice is removed, using speed 4.

PINEAPPLE

FIT.....juice extractor to machine without strainer and spout for pulping.
CUT.....fruit in halves or three thick slices.
HOLD.....firmly onto scraper, on speed 2 or 3.
WORK.....in a circular motion around pineapple, until pulp or juice is removed.

N.B. It is wise to protect the hand from the rough skin by using a rubber glove or clean cloth.

TOMATO JUICE

CHOOSE.....well ripened tomatoes.
CUT.....tops off.
PRESS.....onto scraper, using speed 2.
CHILL.....and season with salt and pepper.
POUR.....over $\frac{1}{2}$ glasses of crushed ice.
SERVE.....garnished with mint leaves.

PINEAPPLE LIME FROST

2 egg whites 2 cups crushed
3 tblsp. lime juice pineapple
3 tblsp. sugar ice chips or cubes

PREPARE.....pineapple pulp, add sugar and chill.

BEAT.....egg white stiffly on Speed 8, add lime juice and chilled pineapple.

HALF.....fill glasses with ice, pour pineapple mixture over.

SERVE.....immediately.

FRUIT COCKTAIL

2 cups chopped 1 cup orange juice
fruits 1 cup orange syrup
1 cup sugar 1 quart soda water,
2 cups raspberry lemonade or
syrup dry ginger ale
 $\frac{1}{2}$ cup lemon juice ice

PREPARE.....fruit, sprinkle with sugar and allow to stand in a refrigerator for two hours.

COVER.....with fruit juices and syrups.

ADD.....soda water.

SERVE.....in glasses with ice.

IF.....desired, spirit or wines such as gin, brandy, dry sherry can be added in the proportion of 1 dsp. to the cup.

Sunbeam

HIGH-SPEED

BLENDER ATTACHMENT

The new Blender Attachment, for use with the Sunbeam Mixmaster, adds much more interest to food preparation and further extends the Sunbeam Mixmaster's usefulness.



Easily fitted to the Sunbeam, it can be used every day for the preparation of grated vegetables and cheese for salads, chopping vegetables for soups and stews, preparing sandwich spreads, mayonnaise and savoury sauces, pureeing foods for soups and desserts, preparing breadcrumbs for seasonings and desserts. It is ideal for granulating foods and preparing baby foods too.

Success as a hostess is assured when drinks are fresh mixed in the Blender, and milk and fruit drinks, hot and cold, will always prove popular with the family.

FITTING TO SUNBEAM

To use the Blender, first remove beaters, bowls and revolving disc, and place Bowl Beater Adjustment Lever on to "Small".

Fit home spindle of power unit into beater socket (easy if the motor is running). Place Blender Glass into position and seat securely.

Use a speed to suit the food being prepared—low speed, coarse cut; high speed, fine cut or puree.

GINGER MINT JULEP

1½ cups sugar	2 bottles dry ginger
½ cup water	ale or ginger
6 lemons	beer
½ cup mint leaves	

JUICE.....lemons and add to mint.

MIX.....on Blender Attachment 1 minute.

BOIL.....together sugar and water, and pour onto mint and lemon.

ALLOW.....to cool, and strain.

ADD.....chilled ginger ale.

SERVE.....with mint sprigs in long glasses.

FRUIT FLIP

1 tin "Carnation" milk	juice or pulp—pineapple and strawberries, etc.
½ cup chipped ice	
2 cups mixed fruit	

MIX.....all ingredients.

BEAT.....in Sunbeam Blender Attachment about 1 minute.

CHOCOLATE EGG NOG

1 cup milk	1 dsp. "Carnation" unsweet. condensed milk or cream
1 teasp. cocoa	
1 egg	

sugar to taste

BLEND.....cocoa with milk and boil 2-3 minutes.

BLEND.....egg yolk and gradually add cocoa mixture—speed 10, Blender Attachment.

FOLD.....in cream and stiffly beaten egg white.

SERVE.....immediately.

MINT CHOCOLATE

1 oz. chocolate (dark)	1 tblsp. sugar
3 tblsp. water	1 tblsp. ice-cream
½ pint milk	peppermint essence to taste

MELT.....chocolate in boiling water. ADD.....milk and boil for 2 minutes. Add sugar.

COOL.....add peppermint and chill.

WHISK.....in Blender Attachment with ice-cream.

SERVE.....immediately.

FRENCH DRESSING

$\frac{3}{4}$ cup salad oil	2 tblspns. tomato
$\frac{1}{2}$ teaspn. salt	sauce
1 dessertspn. sugar	2 tblspns. vinegar
	clove garlic

FIT..... Blender to Sunbeam.
PLACE..... all ingredients into Blender glass.
BLEND..... on speed 10 1 to 2 minutes.
PLACE..... into a screw top jar and store in a refrigerator.

FRANKFURT OR COLD MEAT SPREAD

3 tblspns. French Dressing	1 piece celery, about 2"
$\frac{1}{2}$ teaspn. prepared mustard	2 tblspns. pickle or chutney
3 frankfurts	

CHOP..... frankfurts and celery.
PLACE..... into Blender with other ingredients.
BLEND..... on speed 10—about 2 minutes.
USE..... on sandwiches or fried bread savouries.

LIVER PASTE

1 cup cooked liver	1 dessertspoon mustard pickle
2 tablespoons tomato sauce	1 medium sized tomato
1 dessertspoon Worcestershire sauce	1 oz. butter salt and pepper

CHOP..... liver and tomato and place in Blender glass with sauces and pickle.
BLEND..... on Speed 3 until fine.
ADD..... butter—melted and blend on speed 10 until smooth.
SEASON..... to taste.

ORANGE TEA DOUGHNUTS

rind $\frac{1}{2}$ orange	1 dessertspoon
1 egg	melted
$\frac{1}{3}$ cup sugar	shortening
$\frac{1}{2}$ cup milk	$1\frac{1}{2}$ cups S.R. flour

PLACE..... all ingredients except flour into Blender glass.
BLEND..... until orange rind is fine—Speed 10.
POUR..... onto flour in small bowl and mix to soft dough on Speed 1.
HEAT..... shortening to 375° in Cooker and Deep Fryer.
DROP..... mixture into heated shortening. Use a teaspoon.
FRY..... until golden brown, turning as required. Drain.
ROLL..... in castor sugar before serving.

SARDINE SAVOURY

1 tin sardines	1 tomato
3 tablespoons mayonnaise	3 sprigs parsley
1 tablespoon lemon juice	few chives
	pepper

PLACE..... sardines and oil, mayonnaise, chopped tomato and chives, parsley, lemon juice and pepper into Blender.
BLEND..... on Speed 10 until the desired fineness.

HORSERADISH SAUCE

1 tablespoon chopped fresh or dried horseradish	1 slice onion
2 tablespoons cream or unsweetened condensed milk	1 tablespoon chopped apple
	2 tablespoons lemon juice

PLACE..... horseradish, onion, apple and cream into Blender.
BLEND..... on Speed 10 until smooth.
ADD..... lemon juice before serving.
USE..... sweetened condensed milk if preferred.

PEACH CREAM

Serves 4 to 6

1 cup iced Carnation milk	1 cup thick custard
4 lge. peaches	Sugar to taste

PEEL..... and slice peaches or drain if tinned.
PLACE..... $\frac{1}{2}$ of peaches, milk and custard into Blender glass.
BLEND..... 1-2 minutes on Speed 5—higher speed if desired finer.
BLEND..... remaining mixture.
POUR..... into refrigerator trays and chill until firm.

CHOCOLATE BAR CAKE

2 oz. Cofpa, melted	$1\frac{1}{2}$ cups S.R. flour
$\frac{1}{2}$ cup brown sugar	1 tblspn. cocoa
4 tblspns. milk	$\frac{1}{4}$ teaspn. salt
1 egg	vanilla

FIT..... Blender to Sunbeam.
PLACE..... Cofpa, sugar, milk and egg into Blender glass.
BLEND..... for $1\frac{1}{2}$ mins. on speed 10.
SIFT..... flour, cocoa and salt into small bowl.
ADD..... ingredients from Blender.
FIT..... beaters and mix on speed 2 until evenly blended (about 1 minute).
POUR..... into greased loaf tin.
BAKE..... in moderate oven 20-30 minutes.
COOL..... and ice with creamy chocolate icing.



Sunbeam

MEAT and FOOD MINCER

The dual purpose Meat and Food Mincer makes light work of all mincing, chopping and grinding tasks.

All types of raw meat can be quickly prepared with the fine or coarse meat plate. The food is chopped cleanly with no torn or crushed fibres. No need to rough chop. Simply cut meat in $\frac{1}{2}$ -lb. pieces.

The coarse plate is used for preparing raw vegetables for soups, stews, &c., for mincing cooked meat and left overs for made up dishes, and for preparing fruit for jams and desserts and vegetables for pickles and sauces.

USING THE SUNBEAM MINCER

1. Select the plate to be used.
2. Assemble the unit, following the instructions carefully.
3. Fit to the Sunbeam Mixmaster.
4. Always use speed 10 for best results.

PLATES TO USE

FINE OR MEAT PLATE

1. Use for hamburger steaks.
2. Fine carrot and vegetables for salads.
3. Vegetables for puree, or quick cooking, soups, cream of spinach, page 10.
4. Oven dried bread for preparing crumbs for crumbed foods.
5. Fruits and vegetables for sauces, or chutney.
6. Cooked meats and fish for pastes and sandwich spreads.
7. Grinding nuts finely.

COARSE OR VEGETABLE PLATE

1. Meat for stews, pies, curries, etc.
2. Coarse vegetables for pickles, soups and stews.
3. Fruits for fruit salads.
4. Fruits for jams and chutneys.
5. Cooked meats—to be used in left-over dishes.
6. Grinding nuts for cakes.

HOW TO PREPARE BREADCRUMBS

Cut stale bread into thin slices. Place in a cool oven and bake until quite dry. Feed through mincer fitted with meat disc and blade. Store in airtight jar.

SUNBEAM HAMBURGERS

1 lb. round steak	salt and pepper
1 onion	2 tabls. tomato
1 rasher bacon	sauce
1 teasp. chopped parsley or herbs	

FIT.....	Sunbeam Mincer to Mixmaster.
MINCE.....	steak, bacon, parsley and onion, using meat plate.
PLACE.....	in mixing bowl and add salt and pepper.
BIND.....	together with sauce.
MAKE.....	into balls (dessertspoonful size).
GREASE.....	heated hotplate or Sunbeam Frypan which can be rubbed with a little garlic if desired.
PLACE.....	meat balls onto plate and press flat—use 360°F.
COOK.....	2-3 minutes either side.
SERVE.....	with fried onion rings and tomatoes.

SAVOURY UPSIDE DOWN CAKE

- $1\frac{1}{2}$ cups self raising flour
 2 tblsp. shortening
 $\frac{3}{4}$ cup milk
 small tin baked beans
 1 lb. topside steak
 1 onion
 3 tomatoes
 1 teasp. paprika
 pinch mixed spice
 pinch curry powder
 salt and pepper
- FIT.....Sunbeam Mincer to Mixer and mince steak and onions finely.
 PLACE.....in a frying pan, with a little butter or fat.
 FRY.....till brown.
 REMOVE.....the pulp from the tomatoes on the juice extractor using speed 2 or use Blender.
 ADD.....sufficient water to make $\frac{3}{4}$ cup.
 ADD.....to browned mince with seasoning and spice, curry powder and paprika.
 SIMMER.....gently for 10-15 minutes.
 BEAT.....shortening on speed 1 until soft.
 ADD.....flour and a pinch of salt and beat until a crumbled consistency.
 ADD.....baked beans and milk and mix to a soft dough.
 PLACE.....meat mixture into a casserole.
 ROLL.....out dough to fit the dish and place onto meat.
 BAKE.....in a hot oven 20-30 mins.
 WHEN.....cooked turn out onto entree dish for serving.

MINTED LAMB SALAD

- $1\frac{1}{2}$ cups stock or water
 $\frac{1}{2}$ oz. (1 tblsp.) gelatine
 2 tblsp. vinegar
 2 tblsp. chopped mint
 $\frac{1}{2}$ cup boiling water
 Mint leaves
 1 hard boiled egg
 2 cups minced cooked lamb
- MINCE.....left over lamb on Food Mincer, using speed 10.
 SOAK.....gelatine in a little of the stock and heat until dissolved.
 ADD.....to remainder of stock.
 WHEN.....beginning to set, pour a little into the bottom of the mould. Chill.
 DECORATE.....set jelly with egg slices and mint leaves and pour over a little more jelly. Chill.
 POUR.....boiling water over mint and add to gelatine mixture with minced meat and vinegar.
 PLACE.....into prepared mould and chill until firm.
 UNMOULD.....and serve with lettuce, tomato and cucumber salad.

SUNBEAM BANANA PIE

- 1 uncooked short crust pie shell
 4 bananas
 2 tblsp. brown sugar
 juice of 1 lemon
 $1\frac{1}{4}$ cups biscuit or cake crumbs
 $\frac{1}{2}$ cup cocoanut
 1 egg
- PREPARE.....crumbs on Blender Attachment.
 BEAT.....eggs stiffly on speed 8.
 FOLD.....in crumbs and cocoanut lightly.
 SLICE.....bananas, and place into pie shell.
 SPRINKLE.....with brown sugar and lemon juice.
 COVER.....with crumb mixture.
 BAKE.....in a hot oven for 25-30 minutes.
 SERVE.....warm, with whipped cream or custard.
 N.B.— $1\frac{1}{2}$ cups peaches, apricots or pineapple raw or cooked may be used instead of bananas—remember, bananas lose their flavour quickly. Always serve while still warm.

INDIAN RISsoles

- $\frac{1}{2}$ lb. cooked cold meat
 1 apple
 1 onion
 1 dsp. sultanas
 $\frac{1}{2}$ cup cooked rice
 1 dsp. curry powder
 salt and pepper
 1 egg
 1 teasp. lemon juice
 flour, egg glaze, breadcrumbs
- CHOP.....meat, onion, sultanas and apple on Sunbeam Mincer.
 ADD.....rice, curry powder and seasonings.
 BIND.....together with beaten egg and lemon juice.
 FORM.....into rissoles. Dip in flour.
 COVER.....with egg glaze and breadcrumbs.
 FRY.....until brown and heated through.
 SERVE.....with chutney and fresh cooked vegetables.

CHRISTMAS MINCE

- $\frac{1}{2}$ lb. each raisins and currants
 $\frac{1}{2}$ lb. sultanas
 $\frac{1}{4}$ lb. lemon peel
 2 large cooking apples
 $\frac{1}{2}$ lb. beef suet
 6 oz. sugar
 2 tblsp. marmalade
 1 teasp. mixed spice
 3 tblsp. rum or brandy
 grated rind and juice of 1 lemon
- Mince.....suet with fine plate.
 THEN.....mince apple and fruits.
 ADD.....sugar, jam, lemon rind, juice and spirits. Mix well.
 STORE.....in airtight jars until required.



Continental Dishes

The increasing number of European arrivals have opened up a new avenue in food preparation. Already there are many interesting sauces and other ingredients available in our grocery stores which if used in foods will provide piquant and different dishes. Here are some recipes which can help you to introduce something new and exciting to your family.

POULET NAPOLITAINE

1 3 to 4 lb. chicken $\frac{1}{2}$ cup dry sherry
1 tblsp. shortening 3 tblsp. tomato
herbs & seasonings puree
1 cup chicken stock $\frac{1}{4}$ lb. macaroni

STEAM.....chicken until tender — season to taste.

MELT.....shortening and brown chicken.

DRAIN.....off shortening, add stock, sherry, puree and macaroni.

SIMMER.....gently until reduced by about a $\frac{1}{2}$.

SERVE.....gravy poured over chicken with grilled tomatoes, french fried potatoes and peas.

CONTINENTAL CHOCOLATE TORTE

2 tblsp. drinking 3 eggs
chocolate 1 cup self raising
4 oz. shortening flour
 $\frac{3}{4}$ cup sugar $\frac{1}{4}$ cup and 3 tblsp.
4 oz. ground milk
almonds chocolate icing
 $\frac{1}{2}$ teas. vanilla almond pieces

HEAT..... $\frac{1}{4}$ cup milk and blend with chocolate.

BEAT.....egg whites stiffly in small bowl.

BREAK.....up shortening on speed 1 and beat until soft on speed 5 in large bowl.

ADD.....sugar and beat on speed 8 until creamy.

ADD.....almond and cocoa mixture, then egg yolks.

REDUCE.....to speed 1, alternatively add flour and remaining milk.

LASTLY.....fold in beaten egg whites on speed 1.

POUR.....into greased 9 inch tin.

BAKE.....in a moderate oven 30-35 minutes.

ICE.....with chocolate icing and decorate with almond pieces.

ITALIAN MINESTRONE

3 pts. beef stock 1 cup sliced
1 cup Lima or tomatoes
Haricot beans 1 cup shredded
2 tblsp. oil or cabbage
butter $\frac{1}{2}$ cup macaroni
1 small onion sliced 1 dsp. vinegar
1 stalk celery 1 dsp. brown sugar
chopped salt and pepper
1 clove garlic grated cheese
1 teas. chopped parsley

SOAK.....beans overnight.

DRAIN.....and cook in stock until tender.

HEAT.....oil and fry onion, garlic and celery until lightly browned.

ADD.....to stock with macaroni, tomato, cabbage and parsley.

SIMMER.....until tender.

SEASON.....to taste with salt and pepper, vinegar and sugar.

SPRINKLE.....with grated cheese when serving.

WIENER SCHNITZEL

Serves 6

2 lbs. thin veal lemon juice
steak flour
2 tblsp. anchovy egg and bread
sauce crumbs
salt and paprika dsp. butter

CUT.....veal in even sized pieces.

RUB.....with anchovy sauce, lemon juice, salt and paprika.

ALLOW.....to stand $\frac{1}{2}$ an hour.

DRAIN.....dip in flour and coat with egg and breadcrumbs.

MELT.....butter in shallow pan and fry steak over a low heat 10-15 minutes.

GARNISH.....with a slice of lemon and a whole anchovy.

SERVE.....with fresh cooked vegetables.

BABA AU RUM

1 cup self raising flour	$\frac{1}{4}$ cup milk
2 eggs	2 oz. shortening
$\frac{1}{2}$ cup sugar	rum sauce—cream —walnuts

BEAT.....egg whites until thick on speed 8.

ADD.....yolks and then sugar and continue to beat until the consistency of thick cream.

MELT.....shortening and add to beaten eggs.

FOLD.....in sifted flour and milk alternately.

POUR.....into greased 8 inch ring tin.

BAKE.....in a mod. hot oven 15-20 minutes.

POUR..... $\frac{3}{4}$ of sauce over cake.

SERVE.....fill centre with whipped cream sprinkle with chopped nuts.

POUR.....remaining sauce over.

RUM SAUCE

1 cup water	1 cup rum
$\frac{1}{2}$ cup sugar	

PLACE.....all ingredients into a saucepan.

STIR.....over heat until sugar is dissolved.

BOIL.....for 2 minutes.
More water and less rum may be used to suit family taste.

PARISIAN CAKE

4 oz. shortcrust	1 cup cake or biscuit crumbs
2 egg whites	
3 dsp. sugar	2 tblsp. cocoanut
2 tblsp. lemon juice	raspberry jam
1 tblsp. cocoa	warm chocolate icing

PREPARE.....short crust and line 7 inch square tin.

SPREAD.....with raspberry jam.

BEAT.....egg whites stiffly add sugar gradually and beat until dissolved—add cocoa and lemon juice.

FOLD.....in crumbs and cocoanut.

POUR.....into prepared pastry.

BAKE.....in a hot oven 20-25 minutes.

COOL.....in the tin.

ICE.....when cold, cut into squares for serving.

HUNGARIAN GOULASH

Serves 4

1 lb. lean beef	1 cup tomato pulp
$1\frac{1}{2}$ lb. small potatoes	$\frac{1}{4}$ teasp. caraway seeds
8 small onions	1 bay leaf
butter	1 teasp. paprika
1 cup beef stock	salt and pepper

SLICE.....onions and cut beef into cubes.

MELT.....small amount of butter in a saucepan.

FRY.....onions, potatoes and beef to brown.

PLACE.....in an ovenproof dish add stock and tomato pulp.

SEASON.....cover, bake in a moderate oven one hour.

NOODLES

1 cup plain flour	pinch salt
2 eggs	

SIFT.....flour and salt into small bowl.

ADD.....eggs and mix to a stiff dough on speed 1. If too stiff use an extra egg yolk.

ROLL.....out very thinly on a floured board.

CUT.....into strips about $\frac{1}{2}$ inch wide and 3 inch long.

ALLOW.....to stand 15-20 minutes.

DROP.....into boiling salted water and cook till tender.

FRENCH SALAD BOWL

Serves 4-6

clove garlic	$\frac{1}{4}$ teasp. pepper
$\frac{1}{2}$ cup oil	$\frac{1}{4}$ teasp. mustard
3 tblsp. vinegar	$\frac{1}{4}$ teasp. paprika
$\frac{1}{2}$ teasp. sugar	1 head lettuce
$\frac{1}{2}$ teasp. salt	

RUB.....inside of salad bowl with cut surface of garlic—discard garlic.

PLACE.....oil, vinegar, sugar, mustard and seasonings into small bowl and mix thoroughly on speed 1.

POUR.....into bowl.

BREAK.....chilled lettuce into bowl.

TOSS.....until all lettuce is coated with dressing.

SERVE.....immediately.



CHINESE COOKING

The increasing popularity of Chinese foods in Australia can be assessed by the many new Chinese restaurants seen in every City and Town. You can prepare interesting Chinese foods at home — some of the flavourings, may be omitted, but naturally the final flavour of the food is affected. We advise you, therefore, to use the following recipes as given.

FRIED RICE

Serves 4

1 cup uncooked rice 1 cup shelled
3 tblsp. oil or prawns
 melted butter 1 to 2 cups water
2 tblsp. chopped soy sauce
 shallot lemon juice

HEAT.....oil in Sunbeam Frypan or Cooker and Deep Fryer at 350°F.

FRY.....rice for 2 minutes.

ADD.....1 cup water and simmer gently—add more water as required.

CUT.....shallot into ½ inch lengths add to rice when almost cooked.

ADD.....prawns, and heat through.

SPRINKLE.....with lemon juice and soy sauce or serve sauce separately. 1 cup green peas may be added whilst cooking if desired.

CHOW MEIN

½ lb. pork fillet 1 tblsp. cornflour
¼ lb. veal fillet 4 oz. tinned
½ lb. beef steak chestnuts
1 tblsp. shortening 2 cups chopped
1 tblsp. soy sauce French beans
1 cup water 2 oz. mushrooms
bunch celery salt and cayenne
1 onion

CUT.....meats into ½ inch cubes.

MELT.....shortening and fry meats until browned—350°F. Sunbeam Cooker and Deep Fryer.

ADD.....soy sauce and water, simmer for 2 minutes.

ADD.....celery cut into ½ inch pieces, onion sliced.

SIMMER.....until tender.

BLEND.....cornflour in ¼ cup water and thicken.

ADD.....chopped chestnuts, lightly cooked beans and mushrooms.

HEAT.....through.

SERVE.....on cooked rice or noodles.

PRAWN FOO YOUNG

½ cup finely 1 cup cooked
 chopped onion prawns
1 clove garlic— 6 eggs
 minced salt and pepper
1 dsp. fat

MELT.....fat in pan—340°F. in Sunbeam Frypan.

FRY.....onion and garlic until soft.

ADD.....prawns and brown lightly (2-3 minutes).

STAND.....aside to cool.

BEAT.....eggs lightly, add seasonings and cooled prawn mixture.

MELT.....a tblsp. fat in pan.

POUR.....mixture in and reduce heat.

COOK.....slowly until set.

PLACE.....on hot plate, fold over.

SERVE.....with Chinese Brown Sauce

CHINESE BROWN SAUCE

3 dsp. shortening 1 cup hot water
3 dsp. flour 2 dsp. soy sauce
1 tblsp. sugar 1 cup. lightly
½ tsp. salt cooked beans

MELT.....shortening.

ADD.....flour, sugar, salt and water.

STIR.....until thick, add soy sauce and cook 3-5 minutes.

ADD.....beans and heat through before serving.

SWEET AND SOUR SAUCE

1 onion 2 dsp. mixed pickle
1 capsicum 2 dsp. relish
1 tblsp. lard lemon juice
1/3 cup pineapple 1 tsp. cornflour
 pulp salt
¾ cup beef stock pepper
2 tsp. sugar

CHOP.....onion and capsicum finely.

FRY.....in lard, until lightly brown.

ADD.....pineapple, pickle, sugar, relish, stock and seasoning.

SIMMER.....for half an hour.

THICKEN.....with blended cornflour, and cook for 3 minutes.

ADD.....sufficient lemon juice to give sweet-sour flavour.

SERVE.....with pork, fish or chicken.



American Recipes

No doubt you have pondered over the attractive colour pages in American magazines. With Sunbeam Mixmaster you can prepare all these dishes with ease and the surety that they will be as attractive.

WALDORF SALAD

3 large tart eating apples	$\frac{1}{2}$ cup walnuts
1 tblsp. lemon juice	1 cup mayonnaise
1 cup chopped celery	2 tblsp. cream
	pinch salt
	lettuce

PEEL.....apples—skins may be left on if tender and attractively coloured.

CORE.....and cut into $\frac{1}{2}$ inch cubes.

PLACE.....in a salad bowl and sprinkle with lemon juice.

ADD.....celery and allow to stand (covered) in a refrigerator for 10 minutes.

ADD.....nuts, mayonnaise mixed with cream and salt.

TOSS.....lightly.

PILE.....into crisp chilled lettuce leaves.

SERVE.....immediately.

PRAWN JAMBALAYA

2 lb. prawns	1 bay leaf
1 lb. tomatoes	salt and cayenne
1 large onion	1 teasp. brown
2 oz. shortening	sugar
1 teasp. paprika	1 cup cooked rice
1 clove garlic	1 tblsp. parsley

SHELL.....prawns, slice tomatoes and onion.

HEAT.....shortening to 300°F. in Sunbeam Frypan and fry onion and garlic until tender—do not brown.

ADD.....tomatoes, paprika, seasonings and sugar.

SIMMER.....until tender.

REMOVE.....garlic and bay leaf.

ADD.....prepared prawns and heat through.

MIX.....in rice and parsley just before serving.

SERVE.....very hot with french salad.

N.B.—other sea foods—chopped lobster, crab, oysters, may be used or a mixture of any of these.

STARLIGHT DOUBLE DELIGHT CAKE

6 oz. shortening	$\frac{1}{4}$ cup hot water
6 oz. cream cheese	4 oz. dark chocolate (grated)
$1\frac{1}{2}$ lb. icing sugar (sifted)	3 eggs
$2\frac{1}{4}$ cups self raising flour	$1\frac{1}{2}$ level teasp. bi-carbonate soda
$\frac{1}{2}$ teaspoon vanilla	$\frac{1}{2}$ level teasp. salt
$\frac{1}{2}$ teaspoon pepper-mint essence	$\frac{3}{4}$ cup milk

PLACE.....4 ozs. shortening in large bowl, with essences.

BREAK.....up on speed 1, and beat on speed 5 until soft.

ADD.....cream cheese, and beat on speed 8 until light and fluffy.

REDUCE.....to speed 1, and gradually add half the icing sugar.

MIX.....in alternately hot water and the remainder of the icing sugar.

ADD.....melted chocolate.

REMOVE.....half of this mixture from the bowl, and set aside for frosting the cooked cake.

BEAT.....remaining 2 oz. shortening until very soft in the small bowl, and add to the remaining mixture in the large bowl.

ADD.....eggs one at a time, using speed 8.

REDUCE.....to speed 1, and alternately add sifted dry ingredients and milk.

POUR.....into well greased 9 in. layer cake tins, and bake in a moderately hot oven for 30-35 minutes.

ALLOW.....to cool, join together and cover with prepared frosting.

DEVIL'S FOOD CAKE

4 oz. shortening 1 egg
½ cup hot water ½ cup sour milk
1½ cups self raising (add 1 teasp.
flour vinegar if fresh
½ cup cocoa milk is used)
½ teasp. bi-carb. vanilla
soda red colouring
1 cup sugar

DISSOLVE.....shortening in water, add
vanilla.
SIFT.....flour, cocoa and soda into
large bowl.
ADD.....sugar, shortening and water,
milk, egg, vanilla and
colouring.
BEAT.....on speed 2 for 3 minutes.
POUR.....into a 5 inch x 9 inch
loaf pan.
BAKE.....in a mod. hot oven 30-35
minutes.
COOL.....and ice with American
frosting.

AMERICAN FROSTING

1 cup sugar vanilla
½ cup golden syrup 1 egg white
or honey
PLACE.....sugar and syrup into a
saucepan.
STIR.....until sugar dissolves.
BOIL.....until mixture forms a firm
ball when dropped into
water 240°F.
BEAT.....egg white stiffly.
ADD.....cooled syrup and continue
to beat.
WHEN.....thick spread onto cake.
SPRINKLE.....with chopped almonds.

ICE CREAM PIE

PASTRY: TOPPING:
1 cup plain flour 3 egg whites
1 dsp. cocoa 3 tblsp. sugar
1 tblsp. sugar ½ teasp. cream of
2½ oz. shortening tartar
2 tblsp. water 2 trays of straw-
vanilla berry ice cream
BREAK UP.....shortening in small bowl
and beat until soft on speed
5.
ADD.....sifted dry ingredients and
beat until crumbled.
MIX.....to a stiff dough with water
and vanilla.
ROLL.....out to fit an 8in. tart plate.
BAKE.....in hot oven 12-15 minutes,
and cool thoroughly.
BEAT.....egg whites stiffly on speed
8.
ADD.....sugar and cream of tartar
and beat until thick.
PACK.....Ice cream into cold pie
shell.
COVER.....and completely seal with
meringue.
BROWN.....in hot oven about 3
minutes.
SERVE.....immediately.

TUNA AND MUSHROOM CASSEROLE

Serves 4

½ lb. sliced 8 oz. Tuna
mushrooms 1 tblsp. grated
3 dsp. shortening sharp cheese
3 dsp. flour salt and pepper
2 cups milk 3 tblsp. soft
bread crumbs
MELT.....shortening in a saucepan.
FRY.....mushrooms lightly.
ADD.....flour and half milk and stir
over a low heat until thick.
ADD.....remainder of milk.
SEASON.....with salt and pepper.
PLACE.....tuna into shallow greased
ovenproof dish.
COVER.....with sauce.
SPRINKLE.....with bread crumbs and
cheese.
BAKE.....in a mod. hot oven 20-30
minutes.
SERVE.....with creamy mashed pota-
toes and green peas.

CHILI CON CARNE

1 cup red kidney 1 cup tomato puree
beans 1 dsp. chili sauce
2 lb. hamburger 1 teasp. paprika
steak 1 teasp. salt
2 level dsp. fine ½ teasp. black
minced garlic pepper
1 cup fine chopped 1 cup water
onion butter
SOAK.....beans with boiling water
and soak overnight.
MELT.....a little butter in heavy
saucepan.
FRY.....meat until colour changes.
ADD.....garlic, onion, puree, sauce,
paprika, salt, pepper and
water.
BRING.....to boiling point and sim-
mer gently 1½-2 hours, add-
ing more water if neces-
sary.
WASH.....soaked beans and cook in
boiling water until tender.
ADD.....to meat mixture and heat
through.
SERVE.....with biscuits or dry toast.
IDEAL.....made in the new Sunbeam
Cooker-Deep Fryer.

THOUSAND ISLAND DRESSING

1 cup mayonnaise 2 tblsp. pickles
1 tblsp. finely (gherkin or
chopped green mixed)
pepper 2 teasp. finely
1 tblsp. finely chopped shallot
chopped red chives or onion
pepper 1 chopped hard
boiled egg
PREPARE.....mayonnaise.
ADD.....finely chopped peppers,
pickles, shallot and egg.
STIR.....until evenly mixed.

Care of your Sunbeam Mixmaster

MODEL 9B.

BOWLS

The Sunbeam Mixmaster bowls are now made of heat resistant glass. Heat bowls evenly for hot foods. They may be placed in the oven — or chill in the refrigerator for mixing iced foods. When a bowl is subjected to extremes at the same time, i.e., hot water running into a chilled bowl, expansion and contraction could cause cracking. With normal care they will last a lifetime.

CLEANING

Do not place any enamelled part of the machine into water. To clean, simply wipe over with a slightly dampened dishcloth, and polish with a dry towel. After washing the Full Mix beaters, make sure they are thoroughly dry before replacing them into the machine. It is advisable to have a second set of whippers so that they may be heat dried between using.

Wash the Juice Extractor Parts in warm water, *never boiling*, and thoroughly dry before further use.

OILING

The oiling of the Sunbeam Mixmaster motor is a very simple procedure. Simply follow the oiling instructions at the points indicated in the diagram. **DO NOT OVER-OIL.** For domestic use oil every six months.

Commercial users oil every three months.

Holes 1, 2 and 3 (3 key-shaped) — — — 3 drops each.

Hole 4 — — — — — 1 drop only.

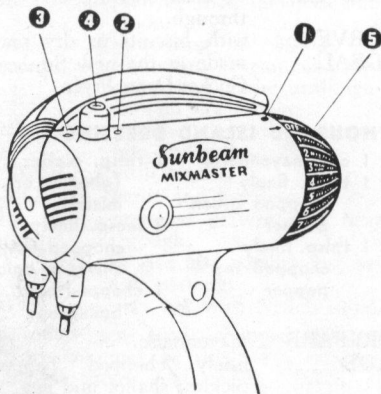
Hole 5 (with Mix finder Dial in "Off" position) 5 drops.

Use a match or skewer to check position, clear holes and drop oil into machine.

Pay special attention to No. 5 hole. See that Mixfinder Dial allows oil to enter motor.

Note: Oil bowl disc spindle regularly. Use only good quality fine machine oil.

DO NOT OVER-OIL



SUNBEAM MIXMASTER PATENTS

116571	Dated	1.2.41
116560	Dated	11.3.42
3643/46	Dated	20.5.46
13362/47	Dated	5.4.47
22599/48	Dated	20.8.48
38501/50	Dated	5.12.51
150024/51	Dated	11.5.51
3858/51	Dated	12.7.51
Other Patents Pending		

GREASING

After about four years of ordinary domestic usage, the supply of grease for the gears should be examined. (Commercial users should check after one or two years' service.) If juices, oil or other liquids have been permitted to get into the gear compartment, the grease will thin out, and is likely to run down the beater spindles, which means that the grease should be checked at once, and changed.

For greasing, send the Mixmaster motor to your Sunbeam Service Centre.

Although it is a simple service task, and could be done by any local serviceman, we strongly suggest that you send the motor to the Sunbeam Service Centre, to ensure that the gear compartment is filled with the special Sunbeam fibre grease, which can be purchased from Sunbeam dealers.

NOTE: It is customary for all fractional horse power motors to heat whilst in operation.

Do not worry if your motor becomes quite hot, especially when it is new and in hotter weather and in warmer climates.

Warmth increases as the load on the motor increases. Temperature rise can cause no harm to mechanical and electrical parts.

SUNBEAM GUARANTEE

Domestic Users 12 months

Commercial Users 90 days

Do not allow an unauthorised serviceman to tamper with your machine, as the guarantee is valid only when service is executed at an established Sunbeam Service Depot. The guarantee covering the machine is against electrical and mechanical defects only, and does not include glassware.

SERVICE

If distance should prevent your calling at the Service Depot, and your machine needs an overhaul, send the MOTOR ONLY to the nearest address.

When packing, ensure that the plug is *wrapped separately*, and cannot damage the motor finish. Pack your motor securely.

SUNBEAM SERVICE CENTRES AT

N.S.W.

Coward Street, Mascot.
Troy Street, Campsie.

VICTORIA

Sloane Street, Maribyrnong.

SOUTH AUSTRALIA

450 Torrens Road, Woodville.

QUEENSLAND

116-126 Logan Road, Woolloongabba,
South Brisbane.

Northern Queensland

Chandlers Pty. Ltd., Cairns, Towns-
ville, Mackay, Rockhampton.

WEST AUSTRALIA

M. J. Bateman Pty. Ltd.,
12 Milligan Street, Perth.

TASMANIA

Medhurst & Sons Pty. Limited,
Hobart and Launceston.

NEW ZEALAND

Brown & Dureau Limited, Auckland,
Wellington, Christchurch.



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